



## Cranberry "Spread"

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



143 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 8 inch candied orange peel minced
- 5 cups cranberries fresh
- 1.5 cups t brown sugar dark packed
- 0.5 teaspoon ground allspice
- 0.5 teaspoon kosher salt
- 3 tablespoons maple syrup
- 0.5 teaspoon pepper red
- 0.8 cup water

# Equipment

sauce pan

# Directions

Combine all ingredients in a medium saucepan over medium heat. Once mixture has come to a boil, reduce heat to low to maintain a simmer. Cook, stirring occasionally, until thick and reduced, about 40 to 45 minutes. Set aside to cool.

# Nutrition Facts

**PROTEIN 0.66%** **FAT 0.45%** **CARBS 98.89%**

# Properties

Glycemic Index:8.04, Glycemic Load:2.81, Inflammation Score:-2, Nutrition Score:2.4630435057308%

# Flavonoids

Cyanidin: 19.35mg, Cyanidin: 19.35mg, Cyanidin: 19.35mg, Cyanidin: 19.35mg Delphinidin: 3.2mg, Delphinidin: 3.2mg, Delphinidin: 3.2mg, Delphinidin: 3.2mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 20.48mg, Peonidin: 20.48mg, Peonidin: 20.48mg, Peonidin: 20.48mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

# Nutrients (% of daily need)

Calories: 143.07kcal (7.15%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 36.85g (12.28%), Net Carbohydrates: 35.27g (12.83%), Sugar: 32.82g (36.47%), Cholesterol: 0mg (0%), Sodium: 109.71mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Manganese: 0.29mg (14.43%), Vitamin C: 5.87mg (7.11%), Fiber: 1.57g (6.3%), Vitamin B2: 0.07mg (4.27%), Vitamin E: 0.58mg (3.88%), Calcium: 33.24mg (3.32%), Potassium: 84.62mg (2.42%), Vitamin K: 2.18µg (2.07%), Copper: 0.04mg (2.02%), Vitamin B6: 0.04mg (1.85%), Iron: 0.32mg (1.78%), Magnesium: 6.48mg (1.62%), Vitamin B5: 0.16mg (1.6%), Vitamin A: 50.48IU (1.01%)