

Cranberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cranberries fresh thawed
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup maple syrup
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

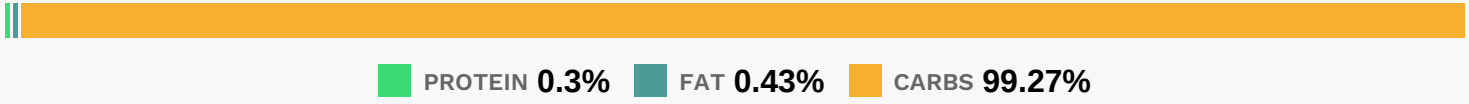
Equipment

- ☐ sauce pan

Directions

☐ Combine first 5 ingredients in a medium saucepan; bring to a boil. Reduce heat; simmer 8 minutes or until cranberries pop, stirring occasionally. Stir in lemon juice.

Nutrition Facts



Properties

Glycemic Index:15.16, Glycemic Load:7.83, Inflammation Score:-1, Nutrition Score:1.9734782698038%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 67.65kcal (3.38%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 16.77g (6.1%), Sugar: 15.1g (16.78%), Cholesterol: 0mg (0%), Sodium: 31.08mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Manganese: 0.41mg (20.34%), Vitamin B2: 0.21mg (12.21%), Vitamin C: 1.98mg (2.4%), Calcium: 18.68mg (1.87%), Fiber: 0.36g (1.46%), Potassium: 45.88mg (1.31%), Magnesium: 4.13mg (1.03%)