



Cranberry, Tangerine, and Crystallized-Ginger Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



416 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce cranberries
- ☐ 2.5 ounces candied ginger coarsely chopped
- ☐ 0.3 cup orange marmalade
- ☐ 0.8 cup sugar
- ☐ 6 ounce 1 tangerine unpeeled halved seeded cut into 1-inch pieces ()

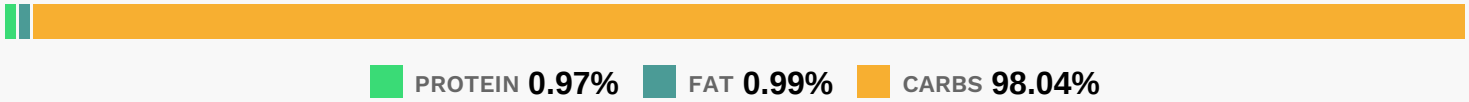
Equipment

- ☐ bowl

Directions

- ☐ Using on/off turns, coarsely chop cranberries in processor.
- ☐ Transfer to medium bowl. Using on/off turns, coarsely chop tangerine in processor.
- ☐ Combine with cranberries.
- ☐ Mix in remaining ingredients. Cover and refrigerate overnight. (Can be made 1 week ahead. Keep refrigerated.)
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.36, Glycemic Load:41.93, Inflammation Score:-6, Nutrition Score:6.7539129827334%

Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg, Hesperetin: 4.5mg Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg, Naringenin: 5.68mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg

Nutrients (% of daily need)

Calories: 416.2kcal (20.81%), Fat: 0.48g (0.74%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 107.24g (35.75%), Net Carbohydrates: 101.95g (37.07%), Sugar: 94.65g (105.16%), Cholesterol: 0mg (0%), Sodium: 22.41mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin C: 32.29mg (39.14%), Manganese: 0.44mg (21.88%), Fiber: 5.29g (21.16%), Vitamin E: 1.63mg (10.84%), Vitamin A: 470.69IU (9.41%), Copper: 0.11mg (5.74%), Vitamin B6: 0.11mg (5.7%), Potassium: 195.71mg (5.59%), Vitamin K: 5.67µg (5.4%), Vitamin B5: 0.46mg (4.61%), Calcium: 40.68mg (4.07%), Magnesium: 14.14mg (3.54%), Vitamin B2: 0.06mg (3.49%), Vitamin B1: 0.05mg (3.19%), Folate: 12.61µg (3.15%), Phosphorus: 24.88mg (2.49%), Iron: 0.41mg (2.28%), Vitamin B3: 0.34mg (1.71%), Zinc:

0.16mg (1.05%)