



Cranberry Tangerine Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6660 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.8 pound cranberries fresh
- ☐ 1 teaspoon ginger grated peeled
- ☐ 0.5 cup golden raisins
- ☐ 0.7 cup brown sugar light packed
- ☐ 2 tight-skinned tangerines

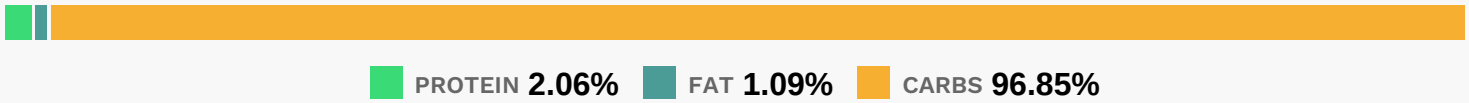
Equipment

- ☐ sauce pan
- ☐ peeler

Directions

- ☐ Remove a 4-by 1-inch strip of zest from 1 tangerine with a sharp vegetable peeler (preferably Y-shaped), then scrape off any white pith from strip. Squeeze 1/3 cup juice from tangerines.
- ☐ Bring juice, zest strip, and remaining ingredients to a boil in a heavy medium saucepan, stirring until sugar has dissolved, then simmer, uncovered, until berries have burst, 15 to 20 minutes.
- ☐ Remove from heat and cool completely. Discard zest before serving if desired.
- ☐ Conserve can be made 2 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:26.44, Glycemic Load:8.74, Inflammation Score:-4, Nutrition Score:4.3565217412036%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 2.94mg, Naringenin: 2.94mg, Naringenin: 2.94mg, Naringenin: 2.94mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 171.28kcal (8.56%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 41.29g (15.02%), Sugar: 36.4g (40.44%), Cholesterol: 0mg (0%), Sodium: 10.06mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin C: 16.17mg (19.6%), Manganese: 0.27mg (13.46%), Fiber: 3.06g (12.24%), Potassium: 218.09mg (6.23%), Vitamin E: 0.82mg (5.48%), Vitamin B6: 0.1mg (5.24%), Copper: 0.1mg (5.01%), Vitamin A: 233.78IU (4.68%), Calcium: 42.14mg (4.21%), Magnesium: 13.49mg (3.37%), Iron: 0.57mg (3.15%), Vitamin K: 3.26µg (3.1%), Vitamin B5: 0.28mg (2.8%), Phosphorus: 27.09mg (2.71%), Vitamin B2: 0.05mg (2.65%), Vitamin B3: 0.33mg (1.67%), Vitamin B1: 0.02mg (1.66%), Folate: 5.9µg (1.48%)