



Cranberry Tapenade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



121 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 9 servings garnishes: additional cranberries fresh
- 2 cups cranberries fresh
- 3 tablespoons cilantro leaves fresh chopped
- 0.1 teaspoon ground cinnamon
- 2 jalapeño peppers halved lengthwise seeded
- 1 small navel oranges unpeeled quartered
- 0.5 cup pecans toasted chopped
- 9 servings sweet potato chips

- 0.1 teaspoon salt
- 0.5 cup sugar
- 6 ounces sweet potatoes and into

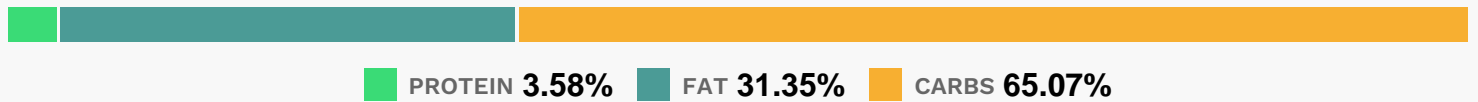
Equipment

- food processor
- bowl
- knife

Directions

- Cook sweet potato in a small amount of boiling water just until barely tender.
- Drain and cool completely. Peel and finely dice sweet potato; set aside.
- Position knife blade in food processor bowl; add orange quarters. Process until coarsely chopped, stopping once to scrape down sides.
- Add 2 cups cranberries, sugar, and jalapeo pepper; pulse 2 or 3 times until mixture is finely chopped.
- Transfer mixture to a bowl; stir in reserved sweet potato, pecans, and next 3 ingredients. Cover and chill at least 1 hour.
- Serve with sweet potato chips.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:39.45, Glycemic Load:10.67, Inflammation Score:-9, Nutrition Score:6.9452173658039%

Flavonoids

Cyanidin: 11.43mg, Cyanidin: 11.43mg, Cyanidin: 11.43mg, Cyanidin: 11.43mg Delphinidin: 2.22mg, Delphinidin: 2.22mg, Delphinidin: 2.22mg, Delphinidin: 2.22mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 11.42mg, Peonidin: 11.42mg, Peonidin: 11.42mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg,

Catechin: 0.53mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Hesperetin: 3.4mg, Hesperetin: 3.4mg, Hesperetin: 3.4mg, Hesperetin: 3.4mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg, Myricetin: 1.55mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 121.04kcal (6.05%), Fat: 4.47g (6.88%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 18.42g (6.7%), Sugar: 14.6g (16.23%), Cholesterol: 0mg (0%), Sodium: 44.13mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin A: 2921.53IU (58.43%), Manganese: 0.42mg (21.05%), Vitamin C: 16.72mg (20.26%), Fiber: 2.46g (9.85%), Copper: 0.12mg (6.22%), Vitamin B1: 0.07mg (4.68%), Vitamin B6: 0.09mg (4.66%), Potassium: 145.05mg (4.14%), Magnesium: 15.93mg (3.98%), Vitamin E: 0.58mg (3.88%), Phosphorus: 33.15mg (3.31%), Vitamin B5: 0.33mg (3.31%), Vitamin K: 2.73µg (2.6%), Folate: 9.97µg (2.49%), Zinc: 0.37mg (2.49%), Vitamin B2: 0.04mg (2.18%), Iron: 0.37mg (2.04%), Calcium: 19.63mg (1.96%), Vitamin B3: 0.31mg (1.56%)