



Cranberry Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



100 min.

SERVINGS



3

CALORIES



1092 kcal

SIDE DISH

Ingredients



0.8 cup champagne vinegar 6 percent acidity



1 bag cranberries fresh



1 sprig thyme leaves fresh



1 pinch salt



4 cups sugar



2 vanilla beans minced



1 cup water

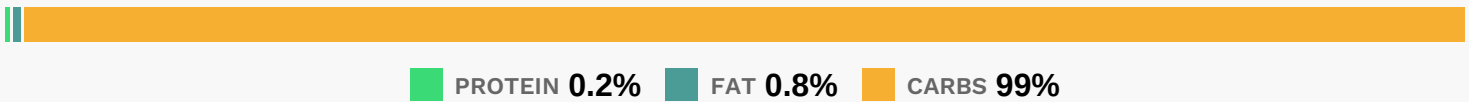
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Put cranberries, syrup and salt in a pan and heat over high heat until cranberries begin to pop.
- ☐ Remove from heat, let cool and then puree in a blender.
- ☐ Add vinegar and taste for balance.
- ☐ Add more vinegar and thin with water if necessary. Strain through a fine strainer into a bowl or pitcher. Store in a clean jar or bottle (do not use metal lids or tops) and refrigerate. Keeps several weeks.
- ☐ Keep this syrup on hand to add to iced tea and other cold drinks or for poaching fruit. It does not need to be refrigerated. The vanilla is minced to make sure all its flavor is extracted into the syrup.
- ☐ Put the sugar, water, vanilla beans, a pinch salt, and the thyme leaves in a pot and bring to a boil over high heat. Lower heat to a simmer and cook about 4 minutes, stirring occasionally.
- ☐ Let cool. Puree syrup in a blender until vanilla beans are thoroughly chopped into the syrup. Strain through a fine strainer into a sterilized jar. If using vanilla extract instead of beans, add extract after the sugar syrup has cooled and pour into a jar. Seal tightly.

Nutrition Facts



Properties

Glycemic Index:53.36, Glycemic Load:190.46, Inflammation Score:-5, Nutrition Score:4.866521773131%

Flavonoids

Cyanidin: 52.62mg, Cyanidin: 52.62mg, Cyanidin: 52.62mg, Cyanidin: 52.62mg Delphinidin: 8.69mg, Delphinidin: 8.69mg, Delphinidin: 8.69mg, Delphinidin: 8.69mg 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: 55.71mg,

Peonidin: 55.71mg, Peonidin: 55.71mg, Peonidin: 55.71mg 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: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg, Epigallocatechin 3–gallate: 1.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.51mg, Myricetin: 7.51mg, Myricetin: 7.51mg, Myricetin: 7.51mg Quercetin: 16.82mg, Quercetin: 16.82mg, Quercetin: 16.82mg, Quercetin: 16.82mg

Nutrients (% of daily need)

Calories: 1092.41kcal (54.62%), Fat: 1.01g (1.55%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 279.53g (93.18%), Net Carbohydrates: 275.4g (100.15%), Sugar: 271.06g (301.17%), Cholesterol: 0mg (0%), Sodium: 26.67mg (1.16%), Alcohol: 0.23g (100%), Alcohol %: 0.06% (100%), Protein: 0.56g (1.13%), Manganese: 0.45mg (22.67%), Vitamin C: 16.7mg (20.24%), Fiber: 4.13g (16.51%), Vitamin E: 1.5mg (9.97%), Vitamin K: 5.67µg (5.4%), Copper: 0.1mg (5.15%), Vitamin B2: 0.08mg (4.44%), Iron: 0.72mg (4.01%), Potassium: 122.32mg (3.49%), Vitamin B5: 0.34mg (3.36%), Vitamin B6: 0.07mg (3.3%), Magnesium: 10.59mg (2.65%), Selenium: 1.71µg (2.45%), Calcium: 19.12mg (1.91%), Phosphorus: 17.64mg (1.76%), Vitamin A: 83.84IU (1.68%), Zinc: 0.16mg (1.08%)