



Cranegranate Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



240 min.

SERVINGS



4

CALORIES



77 kcal

SAUCE

Ingredients

- 0.3 teaspoon cinnamon
- 1 cup cranberries
- 0.1 teaspoon nutmeg
- 0.5 cup pomegranate seeds
- 0.3 cup sugar
- 0.5 cup water

Equipment

- pot

Directions

- Throw all your ingredients in a pot. Bring it to a boil, then turn it down to medium and let it cook for about 5 min.
- Remove it from the heat, pop it in the fridge, and let it chill down for at least 3–4 hours.

Nutrition Facts

 **PROTEIN 2.26%**  **FAT 3.67%**  **CARBS 94.07%**

Properties

Glycemic Index: 64.27, Glycemic Load: 11.7, Inflammation Score: -1, Nutrition Score: 1.9791304347826%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Taste

Sweetness: 100%, Saltiness: 14.32%, Sourness: 7.32%, Bitterness: 20.24%, Savoriness: 2.71%, Fattiness: 3.43%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 77.28kcal (3.86%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 17.62g (6.41%), Sugar: 16.37g (18.19%), Cholesterol: 0mg (0%), Sodium: 2.74mg (0.12%), Protein: 0.47g (0.93%), Fiber: 1.8g (7.2%), Manganese: 0.14mg (6.93%), Vitamin C: 5.6mg (6.78%), Vitamin K: 4.65µg (4.43%), Vitamin E: 0.46mg (3.04%), Copper: 0.05mg (2.65%), Folate: 8.1µg (2.02%), Potassium: 69.39mg (1.98%), Vitamin B5: 0.15mg (1.51%), Vitamin B6: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.13%), Magnesium: 4.45mg (1.11%), Vitamin B2: 0.02mg (1.08%), Phosphorus: 10.34mg (1.03%)