



Dinner Tonight: Cranberry Sauce With Champagne and Currants

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

SAUCE

Ingredients

- 0.8 cup sparkling wine
- 12 ounces cranberries fresh
- 3 tablespoons currants dried
- 0.3 teaspoon salt
- 1 cup sugar

Equipment

- pot

Directions

- Pour the champagne into a medium pot and add the sugar and salt. Bring to a boil, stirring occasionally.
- Dump in the cranberries and currents, bring back to a boil, then reduce to a simmer. Cook for 5 minutes.
- Remove and let come to room temperature.

Nutrition Facts

PROTEIN 1.14% **FAT 0.94%** **CARBS 97.92%**

Properties

Glycemic Index:35.02, Glycemic Load:40.16, Inflammation Score:-4, Nutrition Score:4.2586956309236%

Flavonoids

Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 285.93kcal (14.3%), Fat: 0.3g (0.45%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 69.19g (23.06%), Net Carbohydrates: 65.63g (23.87%), Sugar: 61.05g (67.83%), Cholesterol: 0mg (0%), Sodium: 155.48mg (6.76%), Alcohol: 2.83g (100%), Alcohol %: 1.88% (100%), Protein: 0.81g (1.62%), Manganese: 0.36mg (18.07%), Vitamin C: 12.44mg (15.07%), Fiber: 3.56g (14.23%), Vitamin E: 1.13mg (7.57%), Potassium: 195.42mg (5.58%), Vitamin B6: 0.09mg (4.53%), Copper: 0.09mg (4.48%), Vitamin K: 4.62µg (4.4%), Magnesium: 13.58mg (3.4%), Iron: 0.61mg (3.39%), Vitamin B2: 0.05mg (2.76%), Phosphorus: 27.13mg (2.71%), Vitamin B5: 0.26mg (2.56%), Calcium: 21.28mg (2.13%), Vitamin B1: 0.03mg (1.88%), Vitamin B3: 0.31mg (1.56%), Vitamin A: 59.24IU (1.18%), Zinc: 0.16mg (1.06%)