



WHATSheATE



Dried Cherry and Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



500 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 12 ounce cranberries fresh
- ☐ 1.5 cups cranberry juice cocktail
- ☐ 6 ounces cherries dried
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 cup brown sugar light
- ☐ 1 cup water

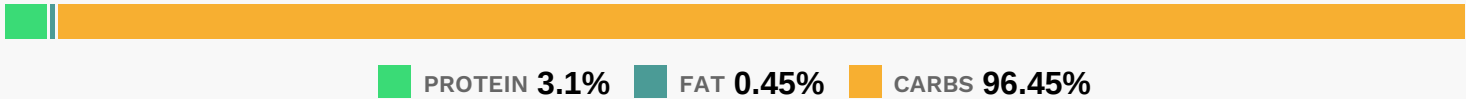
Equipment

☐ sauce pan

Directions

- ☐ Stir the cranberry juice cocktail, water, brown sugar, cinnamon stick, and allspice together in a saucepan; bring to a boil.
- ☐ Add the cherries to the cranberry juice mixture; cook another 2 minutes.
- ☐ Add the cranberries; continue cooking, stirring occasionally, until the cranberries pop, about 10 minutes.
- ☐ Remove from heat and chill in refrigerator 8 hours to overnight.
- ☐ Remove and discard cinnamon stick before serving.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:10.92, Inflammation Score:-8, Nutrition Score:9.1891304617343%

Flavonoids

Cyanidin: 39.84mg, Cyanidin: 39.84mg, Cyanidin: 39.84mg, Cyanidin: 39.84mg Delphinidin: 6.53mg, Delphinidin: 6.53mg, Delphinidin: 6.53mg, Delphinidin: 6.53mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 42.2mg, Peonidin: 42.2mg, Peonidin: 42.2mg, Peonidin: 42.2mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4.66mg, Epicatechin: 4.66mg, Epicatechin: 4.66mg, Epicatechin: 4.66mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 5.86mg, Myricetin: 5.86mg, Myricetin: 5.86mg, Myricetin: 5.86mg Quercetin: 14.71mg, Quercetin: 14.71mg, Quercetin: 14.71mg, Quercetin: 14.71mg

Nutrients (% of daily need)

Calories: 437.07kcal (21.85%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 108.78g (36.26%), Net Carbohydrates: 101.23g (36.81%), Sugar: 90.31g (100.34%), Cholesterol: 0mg (0%), Sodium: 28.94mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin C: 52.12mg (63.18%), Vitamin A: 1571.49IU (31.43%), Fiber: 7.55g (30.22%), Manganese: 0.54mg (27.17%), Calcium: 104.94mg (10.49%), Vitamin E: 1.35mg (9.01%), Iron: 1.45mg (8.06%), Vitamin K: 5.47µg (5.21%), Copper: 0.1mg (4.8%), Potassium: 159.55mg (4.56%),

Vitamin B5: 0.38mg (3.76%), Vitamin B6: 0.07mg (3.63%), Magnesium: 12.29mg (3.07%), Selenium: 0.97µg (1.38%),
Phosphorus: 13.21mg (1.32%), Vitamin B2: 0.02mg (1.03%)