

Dried Cherry-Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

14

CALORIES

calories

135 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 cup cherry juice
- ☐ 12 ounce cranberries fresh
- ☐ 1 cup cherries dried
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 cup port wine

- ☐ 1.3 cups sugar
- ☐ 0.5 cup water

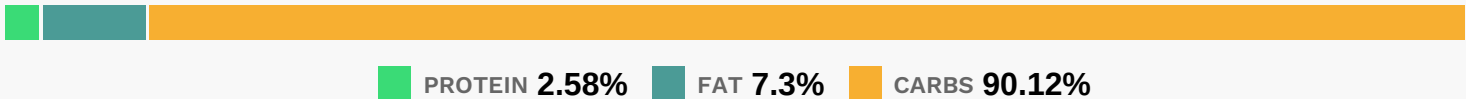
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion, and saut for 4 minutes.
- ☐ Add sugar and the next 4 ingredients (through cranberries); bring to a boil. Reduce heat, and simmer for 8 minutes or until cranberries pop.
- ☐ Remove from heat, and stir in orange rind.
- ☐ Combine dried cherries and cherry juice in a small saucepan over medium-high heat; bring to a boil.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Drain.
- ☐ Add drained cherries to cranberry sauce.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.15, Glycemic Load:13.5, Inflammation Score:-3, Nutrition Score:1.782173908923%

Flavonoids

Cyanidin: 11.28mg, Cyanidin: 11.28mg, Cyanidin: 11.28mg, Cyanidin: 11.28mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 2.03mg, Delphinidin: 2.03mg, Delphinidin: 2.03mg, Delphinidin: 2.03mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.11mg, Peonidin: 12.11mg, Peonidin: 12.11mg, Peonidin: 12.11mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.39mg,

Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3–gallate: 0.24mg,
Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg, Epigallocatechin 3–gallate: 0.24mg
Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg,
Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 1.61mg, Myricetin: 1.61mg, Myricetin:
1.61mg, Myricetin: 1.61mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 134.94kcal (6.75%), Fat: 1.1g (1.69%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 30.48g (10.16%), Net
Carbohydrates: 28.66g (10.42%), Sugar: 25.6g (28.45%), Cholesterol: 0mg (0%), Sodium: 4.5mg (0.2%), Alcohol:
0.66g (100%), Alcohol %: 0.95% (100%), Protein: 0.87g (1.74%), Fiber: 1.82g (7.29%), Vitamin A: 323.26IU (6.47%),
Manganese: 0.11mg (5.63%), Vitamin C: 4.21mg (5.11%), Vitamin E: 0.5mg (3.32%), Iron: 0.34mg (1.88%), Vitamin K:
1.95µg (1.86%), Potassium: 61.95mg (1.77%), Calcium: 13.73mg (1.37%), Vitamin B6: 0.02mg (1.07%), Copper: 0.02mg
(1.04%)