



Dried Cranberry-Apple Conserve



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apples dried diced
- ☐ 1 tablespoon crystallized ginger minced
- ☐ 1 Dash ground allspice
- ☐ 1 Dash ground cinnamon
- ☐ 1 Dash ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup raisins
- ☐ 0.3 cup raspberry jam red

- ☐ 3 tablespoons sugar
- ☐ 2 cups cranberries dried sweetened (such as Craisins)
- ☐ 1.5 cups water boiling
- ☐ 0.3 cup citrus champagne vinegar

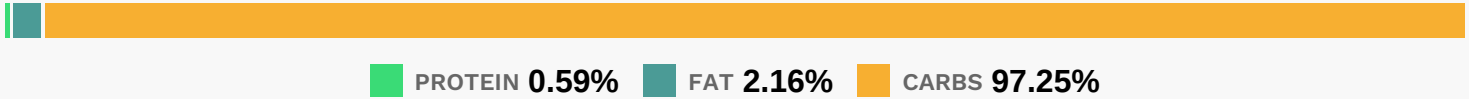
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 5 ingredients; cover fruit mixture, and let stand 30 minutes.
- ☐ Combine vinegar and next 5 ingredients (vinegar through ground ginger) in a small saucepan; bring to a boil, stirring frequently.
- ☐ Add fruit mixture. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in jam.
- ☐ Remove from heat; cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:33.49, Glycemic Load:9.23, Inflammation Score:-1, Nutrition Score:1.9543478022451%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 163.71kcal (8.19%), Fat: 0.42g (0.65%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 40.27g (14.64%), Sugar: 33.14g (36.83%), Cholesterol: 0mg (0%), Sodium: 9.73mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Fiber: 2.3g (9.21%), Manganese: 0.17mg (8.73%), Vitamin E: 0.67mg (4.47%), Copper: 0.06mg (2.79%), Vitamin K: 2.48µg (2.36%), Iron: 0.4mg (2.2%), Potassium: 75.39mg (2.15%), Vitamin C: 1.66mg (2.01%), Vitamin B2: 0.03mg (1.63%), Vitamin B6: 0.03mg (1.33%), Vitamin B3: 0.25mg (1.24%), Magnesium: 4.83mg (1.21%), Calcium: 11.5mg (1.15%)