



Drunken Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



128 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries divided
- ☐ 1 cup orange juice freshly squeezed
- ☐ 1 orange zest
- ☐ 1.5 fluid ounce jigger tequila
- ☐ 1.5 cups sugar white to taste

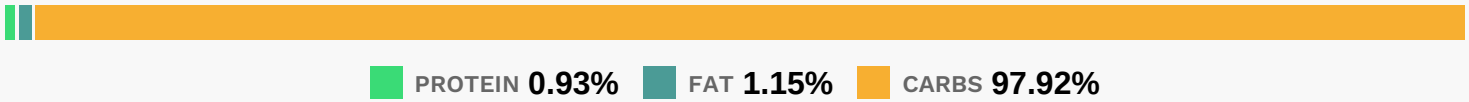
Equipment

- ☐ sauce pan

Directions

- ☐ Heat a saucepan over medium heat; cook and stir sugar, orange juice, half the cranberries, and tequila in the warmed saucepan until mixture is slightly reduced, about 20 minutes.
- ☐ Add the remaining cranberries and orange zest; cook and stir until cranberries begin to pop, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:19.62, Inflammation Score:-2, Nutrition Score:2.116086922262%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 128.1kcal (6.4%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 29.53g (10.74%), Sugar: 27.9g (31%), Cholesterol: 0mg (0%), Sodium: 1.09mg (0.05%), Alcohol: 1.23g (100%), Alcohol %: 1.99% (100%), Protein: 0.29g (0.58%), Vitamin C: 15.66mg (18.98%), Manganese: 0.11mg (5.33%), Fiber: 1.17g (4.67%), Vitamin E: 0.38mg (2.57%), Potassium: 66.71mg (1.91%), Folate: 6.78µg (1.7%), Vitamin B1: 0.02mg (1.56%), Copper: 0.03mg (1.42%), Vitamin K: 1.44µg (1.37%), Vitamin B6: 0.03mg (1.31%), Vitamin B5: 0.13mg (1.28%), Vitamin A: 62.54IU (1.25%), Magnesium: 4.19mg (1.05%), Vitamin B2: 0.02mg (1.04%)