



Easy Cranberry Orange Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



8

CALORIES



76 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 navel oranges
- ☐ 0.5 cup sugar white

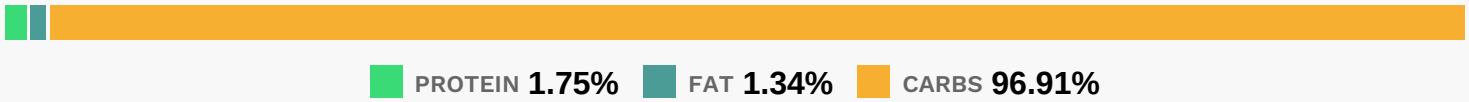
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Grate 2 teaspoons of zest from orange; discard remaining peel and pith from orange. Divide orange into sections.
- ☐ Place orange sections, orange zest, cranberries, sugar, and cinnamon in a food processor; pulse until finely chopped.
- ☐ Transfer relish to a bowl and cover; refrigerate to allow flavors to blend, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:10.33, Inflammation Score:-2, Nutrition Score:2.5604347865219%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 76.34kcal (3.82%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 19.77g (6.59%), Net Carbohydrates: 17.84g (6.49%), Sugar: 15.78g (17.53%), Cholesterol: 0mg (0%), Sodium: 1.15mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Vitamin C: 16.3mg (19.75%), Manganese: 0.16mg (8.21%), Fiber: 1.93g (7.73%), Vitamin E: 0.59mg (3.92%), Vitamin K: 2.14µg (2.03%), Vitamin B6: 0.04mg (1.91%), Potassium: 63.45mg (1.81%), Vitamin B5: 0.17mg (1.71%), Folate: 6.38µg (1.59%), Copper: 0.03mg (1.58%), Vitamin A: 68.83IU (1.38%), Vitamin B2: 0.02mg (1.17%), Calcium: 11.37mg (1.14%), Vitamin B1: 0.02mg (1.13%), Magnesium: 4.5mg (1.12%)