



Easy Cranberry Raspberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



24

CALORIES



92 kcal

SAUCE

Ingredients

- ☐ 24 ounce cranberries fresh
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons lemon zest
- ☐ 24 ounce raspberry jam seedless

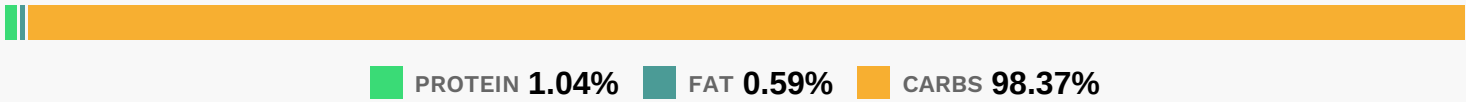
Equipment

- ☐ sauce pan

Directions

- ☐ Heat jam in a saucepan over medium heat; add cranberries, cinnamon, and allspice. Reduce heat to medium-low; cook, stirring frequently, until cranberries begin to pop, 10 to 15 minutes.
- ☐ Remove from heat; stir in lemon zest. Refrigerate for at least 1 hour to allow to thicken before serving.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:11.65, Inflammation Score:-1, Nutrition Score:1.6660869633374%

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 Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 92.25kcal (4.61%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 21.66g (7.87%), Sugar: 14.97g (16.63%), Cholesterol: 0mg (0%), Sodium: 9.69mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.49%), Vitamin C: 6.7mg (8.12%), Manganese: 0.13mg (6.46%), Fiber: 1.4g (5.61%), Vitamin E: 0.41mg (2.74%), Copper: 0.04mg (2.24%), Vitamin B2: 0.03mg (1.61%), Vitamin K: 1.44µg (1.37%), Potassium: 45.57mg (1.3%), Iron: 0.22mg (1.2%), Vitamin B6: 0.02mg (1.12%)