



WHATSheATE



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

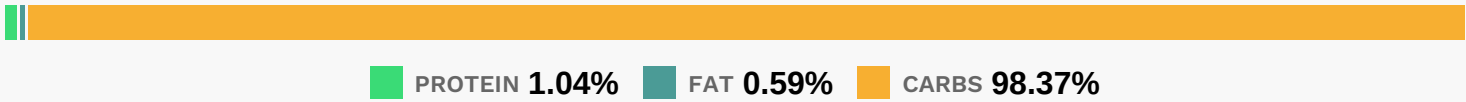


sauce pan

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%)