

Fennel and Walnut Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



305 kcal

SIDE DISH

SAUCE

Ingredients

- 12 ounce cranberries frozen
- 2 small heads fennel bulb cut into small dice
- 0.3 cup golden raisins
- 0.5 cup granulated sugar
- 0.3 orange juice
- 0.3 cup walnuts toasted finely chopped
- 0.5 cup water

Equipment

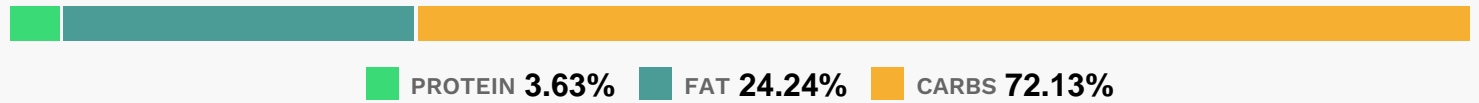
sauce pan

Directions

Combine all ingredients in a medium saucepan over medium heat and stir until sugar is dissolved, about 2 minutes. Bring to a boil, stirring occasionally, then reduce heat to low and simmer until thickened, cranberries are beginning to fall apart, and fennel is tender, about 15 minutes.

Let cool slightly, and serve at room temperature or cold.

Nutrition Facts



Properties

Glycemic Index:96.25, Glycemic Load:33.28, Inflammation Score:-5, Nutrition Score:8.2591302809508%

Flavonoids

Cyanidin: 53mg, Cyanidin: 53mg, Cyanidin: 53mg, Cyanidin: 53mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 17.14mg, Quercetin: 17.14mg, Quercetin: 17.14mg, Quercetin: 17.14mg

Nutrients (% of daily need)

Calories: 305.21kcal (15.26%), Fat: 8.8g (13.54%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 58.94g (19.65%), Net Carbohydrates: 53.47g (19.44%), Sugar: 46.19g (51.32%), Cholesterol: 0mg (0%), Sodium: 6.7mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.92%), Manganese: 0.89mg (44.64%), Vitamin C: 19.84mg (24.05%), Fiber: 5.47g (21.88%), Copper: 0.33mg (16.3%), Vitamin E: 1.61mg (10.73%), Vitamin B6: 0.18mg (8.82%), Magnesium: 32.81mg (8.2%), Phosphorus: 72.82mg (7.28%), Potassium: 254.95mg (7.28%), Vitamin K: 6.87µg (6.54%), Iron: 0.89mg (4.95%), Vitamin B5: 0.44mg (4.4%), Vitamin B2: 0.07mg (4.34%), Vitamin B1: 0.06mg (4.33%), Folate: 16.42µg (4.1%), Zinc: 0.55mg (3.7%), Calcium: 30.79mg (3.08%), Vitamin B3: 0.43mg (2.15%),

Vitamin A: 84.87IU (1.7%), Selenium: 1.05µg (1.49%)