



Fennel Orange Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 8 ounces cranberries fresh whole
- ☐ 0.5 teaspoon fennel seeds
- ☐ 1 juice of orange whole juiced
- ☐ 0.5 orange zest
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

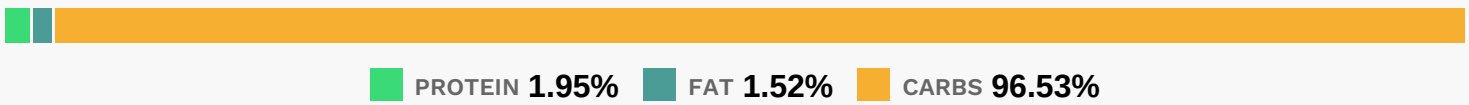
Equipment

- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all ingredients in a saucepan over medium heat. Bring to a simmer, then reduce the heat to low and cook, stirring frequently, until cranberries begin to break down and water evaporates, about 8 to 10 minutes.
- ☐ Remove from the heat and allow to cool before serving.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:9.8, Inflammation Score:-2, Nutrition Score:2.5930434685686%

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, 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 Hesperetin: 5.74mg, Hesperetin: 5.74mg, Hesperetin: 5.74mg, Hesperetin: 5.74mg Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 74.46kcal (3.72%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 19.21g (6.4%), Net Carbohydrates: 17.56g (6.39%), Sugar: 15.92g (17.69%), Cholesterol: 0mg (0%), Sodium: 1.8mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin C: 19.51mg (23.65%), Fiber: 1.65g (6.59%), Manganese: 0.12mg (5.92%), Vitamin E: 0.41mg (2.76%), Folate: 9.21µg (2.3%), Potassium: 68.62mg (1.96%), Vitamin B6: 0.04mg (1.87%), Vitamin A: 82.02IU (1.64%), Calcium: 15.62mg (1.56%), Copper: 0.03mg (1.53%), Vitamin B5: 0.15mg (1.52%), Vitamin B1: 0.02mg (1.45%), Vitamin K: 1.42µg (1.35%), Magnesium: 5.22mg (1.3%), Vitamin B2: 0.02mg (1.29%)