

Nantucket Cranberry Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



7

CALORIES



119 kcal

SIDE DISH

SAUCE

Ingredients

- 2 teaspoons brown sugar packed
- 2 teaspoons butter
- 12 ounce cranberries fresh thawed
- 0.3 cup maple syrup
- 0.3 cup blackstrap molasses
- 1 cup orange juice
- 0.3 teaspoon salt

Equipment

frying pan

Directions

Place the orange juice, maple syrup, molasses, brown sugar, butter, and salt in a pan. Cook over medium heat until the sugar dissolves. Reduce heat to low, and stir in the cranberries. Cook until cranberries pop, about 10 minutes. Bring the mixture to a boil. Cook and stir until mixture reduces to approximately 1 3/4 cups, about 10 minutes. Cool, cover, and refrigerate until needed.

Nutrition Facts

 PROTEIN 1.57%  FAT 9.53%  CARBS 88.9%

Properties

Glycemic Index:32.5, Glycemic Load:10.5, Inflammation Score:-4, Nutrition Score:6.2439129938898%

Flavonoids

Cyanidin: 22.56mg, Cyanidin: 22.56mg, Cyanidin: 22.56mg, Cyanidin: 22.56mg Delphinidin: 3.73mg, Delphinidin: 3.73mg, Delphinidin: 3.73mg, Delphinidin: 3.73mg Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 23.89mg, Peonidin: 23.89mg, Peonidin: 23.89mg, Peonidin: 23.89mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg, Epicatechin: 2.12mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.24mg, Myricetin: 3.24mg, Myricetin: 3.24mg, Myricetin: 3.24mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 118.84kcal (5.94%), Fat: 1.3g (2.01%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 25.56g (9.29%), Sugar: 22.04g (24.49%), Cholesterol: 3.07mg (1.02%), Sodium: 99.37mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Manganese: 0.63mg (31.48%), Vitamin C: 24.52mg (29.72%), Vitamin B2: 0.17mg (9.83%), Magnesium: 38.49mg (9.62%), Potassium: 313.21mg (8.95%), Fiber: 1.82g (7.28%), Vitamin B6: 0.12mg (6.15%), Copper: 0.1mg (5.1%), Calcium: 46.34mg (4.63%), Vitamin E: 0.69mg (4.59%), Iron: 0.77mg (4.29%), Vitamin B1: 0.05mg (3.35%), Selenium: 2.25µg (3.22%), Vitamin B5: 0.31mg (3.11%), Folate: 11.17µg (2.79%), Vitamin A: 135.72IU (2.71%), Vitamin K: 2.57µg (2.44%), Vitamin B3: 0.31mg (1.57%), Phosphorus: 15.49mg (1.55%), Zinc: 0.18mg (1.19%)