



## Fill a Vase

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



1

CALORIES



308 kcal

SIDE DISH

## Ingredients

- 16 ounces cranberries fresh
- 1 vermicelli
- 1 medium cranberry-orange relish cut into 1/4-inch slices
- 1 medium optional: lemon cut into 1/4-inch slices
- 1 serving bouquet garnic fresh

## Equipment

# Directions

- Place cranberries in vase. Fill vase 3/4 full with water.
- Place orange and lemon slices in vase between cranberries and side of vase. Arrange flowers in vase.

# Nutrition Facts

**PROTEIN 5.23%** **FAT 2.9%** **CARBS 91.87%**

# Properties

Glycemic Index:113, Glycemic Load:24.17, Inflammation Score:-10, Nutrition Score:23.663912980453%

# Flavonoids

Cyanidin: 210.6mg, Cyanidin: 210.6mg, Cyanidin: 210.6mg, Cyanidin: 210.6mg Delphinidin: 34.79mg, Delphinidin: 34.79mg, Delphinidin: 34.79mg, Delphinidin: 34.79mg Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg Pelargonidin: 1.45mg, Pelargonidin: 1.45mg, Pelargonidin: 1.45mg, Pelargonidin: 1.45mg Peonidin: 222.99mg, Peonidin: 222.99mg, Peonidin: 222.99mg, Peonidin: 222.99mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg Epicatechin: 19.82mg, Epicatechin: 19.82mg, Epicatechin: 19.82mg, Epicatechin: 19.82mg Epigallocatechin 3-gallate: 4.4mg, Epigallocatechin 3-gallate: 4.4mg, Epigallocatechin 3-gallate: 4.4mg, Epigallocatechin 3-gallate: 4.4mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 65.83mg, Hesperetin: 65.83mg, Hesperetin: 65.83mg, Hesperetin: 65.83mg Naringenin: 20.66mg, Naringenin: 20.66mg, Naringenin: 20.66mg, Naringenin: 20.66mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 30.81mg, Myricetin: 30.81mg, Myricetin: 30.81mg, Myricetin: 30.81mg Quercetin: 69.13mg, Quercetin: 69.13mg, Quercetin: 69.13mg, Quercetin: 69.13mg

# Nutrients (% of daily need)

Calories: 307.76kcal (15.39%), Fat: 1.14g (1.76%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 81.42g (27.14%), Net Carbohydrates: 58.52g (21.28%), Sugar: 34.36g (38.18%), Cholesterol: 0mg (0%), Sodium: 12.1mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Vitamin C: 190.95mg (231.45%), Fiber: 22.91g (91.62%), Manganese: 1.75mg (87.67%), Vitamin E: 6.4mg (42.69%), Vitamin K: 28.9µg (27.52%), Potassium: 764.34mg (21.84%), Vitamin B6: 0.44mg (21.8%), Vitamin B5: 1.87mg (18.72%), Copper: 0.37mg (18.25%), Iron: 2.67mg (14.84%), Folate: 58.48µg (14.62%), Vitamin B1: 0.22mg (14.4%), Calcium: 136.92mg (13.69%), Vitamin A: 671.35IU (13.43%), Magnesium: 52.45mg (13.11%), Vitamin B2: 0.17mg (9.88%), Phosphorus: 88.9mg (8.89%), Vitamin B3: 0.98mg (4.89%), Zinc: 0.6mg (4.03%), Selenium: 1.66µg (2.38%)