



 **58%**
HEALTH SCORE

Fill a Vase

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



307 kcal

SIDE DISH

Ingredients

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

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:165.27, Glycemic Load:24.6, Inflammation Score:-10, Nutrition Score:23.646087117817%

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: 307.29kcal (15.36%), Fat: 1.14g (1.76%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 81.38g (27.13%), Net Carbohydrates: 58.48g (21.27%), Sugar: 35.18g (39.09%), Cholesterol: 0mg (0%), Sodium: 12.04mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.27%), Vitamin C: 190.95mg (231.46%), Fiber: 22.9g (91.61%), Manganese: 1.75mg (87.66%), Vitamin E: 6.4mg (42.68%), Vitamin K: 28.9µg (27.52%), Potassium: 764.76mg (21.85%), Vitamin B6: 0.44mg (21.78%), Vitamin B5: 1.87mg (18.71%), Copper: 0.36mg (18.23%), Iron: 2.65mg (14.74%), Folate: 58.48µg (14.62%), Vitamin B1: 0.21mg (14.3%), Calcium: 136.73mg (13.67%), Vitamin A: 671.35IU (13.43%), Magnesium: 52.44mg (13.11%), Vitamin B2: 0.17mg (9.9%), Phosphorus: 88.62mg (8.86%), Vitamin B3: 0.98mg (4.89%), Zinc: 0.6mg (4.02%), Selenium: 1.59µg (2.28%)