



## Fresh Cranberry-Ginger Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



78 kcal

SIDE DISH

### Ingredients

- 1 bag cranberries fresh (12 oz.;
- 0.5 cup crystallized ginger coarsely chopped
- 0.3 teaspoon ground ginger
- 5 oz optional: lemon rinsed
- 0.7 cup sugar

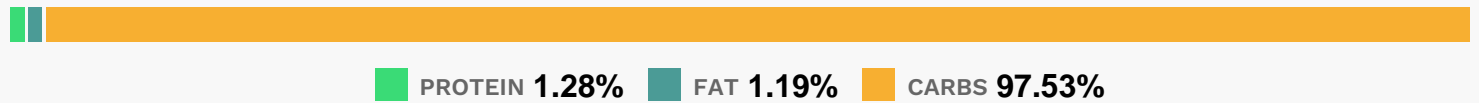
### Equipment

- food processor
- peeler

# Directions

- Rinse and drain cranberries.
- Remove and discard any bruised or soft ones. Gently pat berries dry.
- With a vegetable peeler, pare all the yellow peel (not the white pith) from lemon in thin strips; coarsely chop. Save lemon for other uses.
- In a food processor, whirl cranberries, lemon peel, sugar, crystallized ginger, and ground ginger just until finely chopped. Cover and chill at least 4 hours.

# Nutrition Facts



# Properties

Glycemic Index:11.72, Glycemic Load:9.02, Inflammation Score:-1, Nutrition Score:1.631304304237%

# 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: 13.93mg, Peonidin: 13.93mg, Peonidin: 13.93mg, Peonidin: 13.93mg 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: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg, Eriodictyol: 2.52mg Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg, Hesperetin: 3.3mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg, Myricetin: 1.94mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

# Nutrients (% of daily need)

Calories: 78.11kcal (3.91%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 18.84g (6.85%), Sugar: 17.01g (18.9%), Cholesterol: 0mg (0%), Sodium: 1.81mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin C: 10.23mg (12.4%), Manganese: 0.12mg (5.99%), Fiber: 1.36g (5.43%), Vitamin E: 0.39mg (2.61%), Vitamin K: 1.42µg (1.35%), Vitamin B6: 0.03mg (1.29%), Potassium: 39.74mg (1.14%), Copper: 0.02mg (1.06%), Vitamin B5: 0.11mg (1.06%)