



Fresh Cranberry-Orange Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



20 ounce cranberries fresh



1 large cranberry-orange relish



0.3 cup sugar

Equipment



food processor

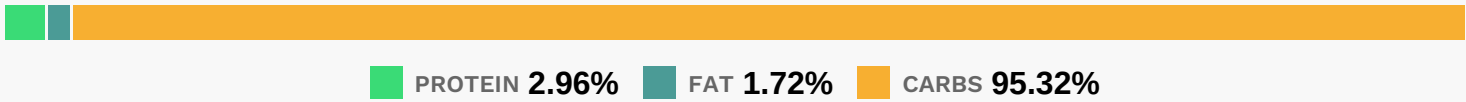


bowl

Directions

- ☐ Grate orange rind, and place in a food processor. Peel and section orange over the bowl of food processor.
- ☐ Add orange sections, sugar, and cranberries to processor; process until coarsely chopped. Cover and refrigerate at least 1 day.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:3.98, Inflammation Score:-2, Nutrition Score:1.8891304614751%

Flavonoids

Cyanidin: 16.45mg, Cyanidin: 16.45mg, Cyanidin: 16.45mg, Cyanidin: 16.45mg Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg, Delphinidin: 2.72mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 17.42mg, Peonidin: 17.42mg, Peonidin: 17.42mg, Peonidin: 17.42mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.55mg, Epicatechin: 1.55mg, Epicatechin: 1.55mg, Epicatechin: 1.55mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Hesperetin: 3.13mg, Hesperetin: 3.13mg, Hesperetin: 3.13mg, Hesperetin: 3.13mg Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 33.74kcal (1.69%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.03%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.17g (2.61%), Sugar: 5.71g (6.34%), Cholesterol: 0mg (0%), Sodium: 0.74mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin C: 11.08mg (13.43%), Manganese: 0.13mg (6.53%), Fiber: 1.55g (6.21%), Vitamin E: 0.49mg (3.26%), Vitamin K: 1.77µg (1.69%), Potassium: 49.23mg (1.41%), Vitamin B6: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.33%), Copper: 0.03mg (1.26%)