



Fresh Cranberry Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

SAUCE

Ingredients

- 22 ounce mandarin orange segents drained canned
- 20 ounce pineapple crushed drained canned
- 2 cups cranberries
- 2 granny smith apples cored peeled cut into wedges
- 1 teaspoon granulated sugar

Equipment

- food processor

Directions

In a food processor, combine cranberries, pineapple, apples and oranges. Blend into small chunks, add sugar if needed. Chill and serve.

Nutrition Facts

PROTEIN 3.96% **FAT 1.66%** **CARBS 94.38%**

Properties

Glycemic Index:18.39, Glycemic Load:2.95, Inflammation Score:-7, Nutrition Score:6.6713042518367%

Flavonoids

Cyanidin: 12.32mg, Cyanidin: 12.32mg, Cyanidin: 12.32mg, Cyanidin: 12.32mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.3mg, Peonidin: 12.3mg, Peonidin: 12.3mg, Peonidin: 12.3mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg, Epicatechin: 4.52mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 109.23kcal (5.46%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 24.29g (8.83%), Sugar: 22.84g (25.37%), Cholesterol: 0mg (0%), Sodium: 5.57mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin C: 38.68mg (46.89%), Vitamin A: 1097.86IU (21.96%), Fiber: 3.85g (15.4%), Vitamin B1: 0.15mg (10.11%), Potassium: 262.61mg (7.5%), Copper: 0.13mg (6.71%), Vitamin B6: 0.12mg (5.98%), Magnesium: 22.98mg (5.75%), Manganese: 0.11mg (5.3%), Vitamin E: 0.54mg (3.62%), Zinc: 0.52mg (3.5%), Vitamin B2: 0.06mg (3.29%), Vitamin B3: 0.61mg (3.07%), Iron: 0.52mg (2.9%), Vitamin K: 2.75µg (2.62%), Calcium: 25.43mg (2.54%), Folate: 9.06µg (2.26%), Phosphorus: 21.29mg (2.13%), Vitamin B5: 0.1mg (1.02%)