

# Fruity Cranberry Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

SAUCE

## Ingredients

- 8 ounces pineapple crushed drained canned
- 2.5 cups cranberries
- 1 medium navel oranges peeled
- 4 teaspoons orange zest grated
- 0.5 cup grapes green red chopped
- 0.5 teaspoon salt
- 1 cup sugar
- 2 cups baking apples are apples that have a sweet-tart balance and hold their shape when peeled chopped

0.3 cup walnut pieces chopped

## Equipment

food processor

bowl

## Directions

In a food processor, combine cranberries and orange sections. Cover and process until chopped.

Transfer to a bowl; add apples, pineapple, sugar, grapes, orange peel and salt. Cover and refrigerate overnight. Stir in walnuts just before serving.

## Nutrition Facts



**PROTEIN 2.64%** **FAT 15.04%** **CARBS 82.32%**

## Properties

Glycemic Index:26.64, Glycemic Load:20.59, Inflammation Score:-3, Nutrition Score:4.7526086698408%

## Flavonoids

Cyanidin: 15.13mg, Cyanidin: 15.13mg, Cyanidin: 15.13mg, Cyanidin: 15.13mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 15.37mg, Peonidin: 15.37mg, Peonidin: 15.37mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

## Nutrients (% of daily need)

Calories: 191.82kcal (9.59%), Fat: 3.43g (5.27%), Saturated Fat: 0.32g (2%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 39.05g (14.2%), Sugar: 36.65g (40.73%), Cholesterol: 0mg (0%), Sodium: 147.3mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Vitamin C: 20.55mg (24.9%), Manganese: 0.3mg (15.15%),

Fiber: 3.15g (12.58%), Copper: 0.16mg (7.77%), Vitamin B6: 0.1mg (5.09%), Vitamin B1: 0.07mg (4.95%), Potassium: 164.82mg (4.71%), Magnesium: 18.2mg (4.55%), Vitamin K: 3.96µg (3.77%), Vitamin E: 0.56mg (3.7%), Folate: 13.88µg (3.47%), Phosphorus: 31.85mg (3.18%), Vitamin B2: 0.05mg (2.87%), Calcium: 24.11mg (2.41%), Iron: 0.41mg (2.27%), Vitamin A: 104.43IU (2.09%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.25mg (1.64%), Vitamin B3: 0.3mg (1.48%)