



Gingered Cranberry and Kumquat Relish



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



456 kcal

SIDE DISH

Ingredients



12 ounce cranberries fresh



0.5 cup crystallized ginger minced



16 kumquats dry stemmed rinsed



1 cup sugar

Equipment

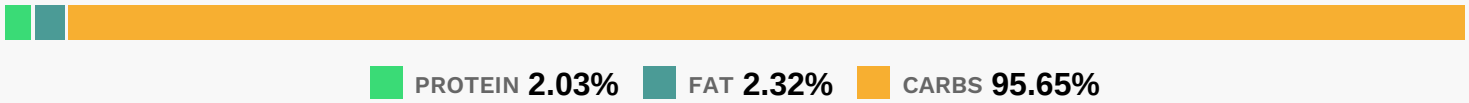


bowl

Directions

- ☐ Using on/off turns, coarsely chop cranberries in processor.
- ☐ Transfer cranberries to medium bowl. Mince half of kumquats, removing any seeds. Thinly slice remaining kumquats, removing any seeds.
- ☐ Mix all kumquats, sugar, and ginger into chopped cranberries (as mixture sits, sugar will dissolve). Cover relish and refrigerate at least 4 hours. (Cranberry relish can be prepared 1 week ahead. Cover tightly and keep refrigerated.)

Nutrition Facts



Properties

Glycemic Index:38.36, Glycemic Load:50.83, Inflammation Score:-7, Nutrition Score:10.350869733354%

Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Naringenin: 58.16mg, Naringenin: 58.16mg, Naringenin: 58.16mg, Naringenin: 58.16mg Apigenin: 22.16mg, Apigenin: 22.16mg, Apigenin: 22.16mg, Apigenin: 22.16mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg, Quercetin: 16.83mg

Nutrients (% of daily need)

Calories: 455.73kcal (22.79%), Fat: 1.23g (1.9%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 114.5g (38.17%), Net Carbohydrates: 103.83g (37.76%), Sugar: 98.54g (109.48%), Cholesterol: 0mg (0%), Sodium: 16.6mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin C: 60.36mg (73.16%), Fiber: 10.67g (42.68%), Manganese: 0.55mg (27.38%), Vitamin E: 1.65mg (10.99%), Copper: 0.16mg (8.22%), Potassium: 280.53mg (8.02%), Vitamin B2: 0.13mg (7.44%), Calcium: 72.57mg (7.26%), Vitamin A: 361.91IU (7.24%), Magnesium: 27.07mg (6.77%), Iron: 1.17mg (6.48%), Vitamin B5: 0.55mg (5.45%), Vitamin K: 5.67µg (5.4%), Vitamin B6: 0.1mg (5.06%), Folate: 18.36µg (4.59%), Vitamin B1: 0.05mg (3.41%), Phosphorus: 31.73mg (3.17%), Vitamin B3: 0.55mg (2.75%), Zinc: 0.28mg (1.87%)