



Gingered Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



122 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 0.3 cup crystallized ginger chopped (1 [2.7-ounce] bottle)
- ☐ 1.5 cups sugar
- ☐ 0.5 cup water

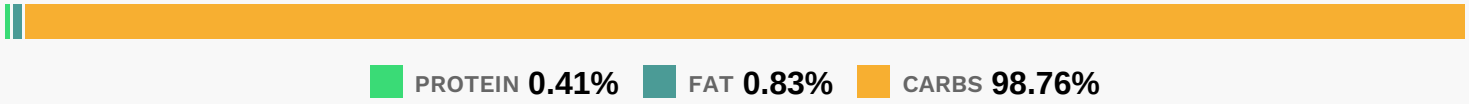
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer 9 minutes or until the cranberries pop. Cool completely.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:9.59, Glycemic Load:18.52, Inflammation Score:-1, Nutrition Score:1.0630434780665%

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: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg 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: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 121.78kcal (6.09%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.01%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 30.34g (11.03%), Sugar: 29.11g (32.34%), Cholesterol: 0mg (0%), Sodium: 1.9mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.13g (0.26%), Manganese: 0.1mg (5.15%), Vitamin C: 3.97mg (4.81%), Fiber: 1.02g (4.08%), Vitamin E: 0.37mg (2.49%), Vitamin K: 1.42µg (1.35%)