



Glazed Cranberry Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



56 kcal

SIDE DISH

Ingredients



1 cup cranberries fresh thawed



1 tablespoon ginger fresh minced



1 tablespoon orange rind grated



5 oranges peeled



0.3 cup sugar

Equipment

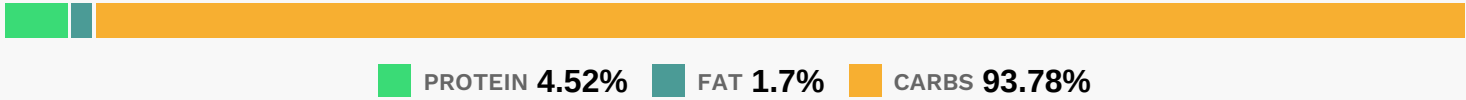


sauce pan

Directions

- ☐ Combine first 3 ingredients in a small saucepan; cover and cook over medium heat 2 minutes. Uncover and cook, stirring constantly, 3 more minutes or until cranberry skins pop.
- ☐ Remove from heat, and stir in orange rind. Cool 15 minutes.
- ☐ Stir in orange sections, and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:17.26, Glycemic Load:6.5, Inflammation Score:-4, Nutrition Score:3.911304389653%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 55.78kcal (2.79%), Fat: 0.11g (0.18%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 12.17g (4.43%), Sugar: 11.55g (12.84%), Cholesterol: 0mg (0%), Sodium: 0.36mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Vitamin C: 37.1mg (44.97%), Fiber: 2.01g (8.04%), Folate: 20.01µg (5%), Vitamin B1: 0.06mg (3.94%), Potassium: 130.83mg (3.74%), Vitamin A: 155.9IU (3.12%), Calcium: 28.13mg (2.81%), Manganese: 0.05mg (2.71%), Vitamin B6: 0.05mg (2.36%), Vitamin B5: 0.2mg (1.98%), Magnesium: 7.58mg (1.9%), Copper: 0.04mg (1.88%), Vitamin B2: 0.03mg (1.76%), Vitamin E: 0.25mg (1.69%), Phosphorus: 10.63mg (1.06%), Vitamin B3: 0.21mg (1.03%)