



Grandma Erma's Spirited Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



515 min.

SERVINGS



20

CALORIES



105 kcal

SIDE DISH

SAUCE

Ingredients

- 4 cups cranberries fresh
- 0.3 cup orange liqueur
- 0.5 cup port
- 2 cups sugar

Equipment

- food processor
- sauce pan

Directions

- Stir together sugar, port, and 3/4 cup water in a heavy 3-qt. saucepan until blended.
- Add cranberries; bring to a boil, and cook over medium-high heat, stirring often, 8 to 10 minutes or until cranberry skins begin to split.
- Remove from heat, and let cool 15 minutes.
- Pulse cranberry mixture in a food processor 3 to 4 times or until cranberries are almost pureed; stir in orange liqueur. Cover and chill 8 hours before serving. Store in refrigerator in an airtight container up to 3 weeks.
- Note: We tested with Grand Marnier for orange liqueur.

Nutrition Facts

PROTEIN 0.44% **FAT 0.91%** **CARBS 98.65%**

Properties

Glycemic Index:5.75, Glycemic Load:14.72, Inflammation Score:-1, Nutrition Score:0.81391305071504%

Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 1.77mg, Delphinidin: 1.77mg, Delphinidin: 1.77mg, Delphinidin: 1.77mg Malvidin: 5.78mg, Malvidin: 5.78mg, Malvidin: 5.78mg, Malvidin: 5.78mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 10.07mg, Peonidin: 10.07mg, Peonidin: 10.07mg, Peonidin: 10.07mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 104.89kcal (5.24%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0.03%), Carbohydrates: 24.09g (8.03%), Net Carbohydrates: 23.37g (8.5%), Sugar: 22.23g (24.7%), Cholesterol: 0mg (0%), Sodium: 1.38mg (0.06%), Alcohol: 1.68g (100%), Alcohol %: 4.36% (100%), Protein: 0.11g (0.21%), Manganese: 0.08mg (4.02%), Vitamin C: 2.8mg (3.39%), Fiber: 0.72g (2.88%), Vitamin E: 0.26mg (1.76%)