



Grandma Erma's Spirited Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



420 kcal

SIDE DISH

SAUCE

Ingredients

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

Equipment

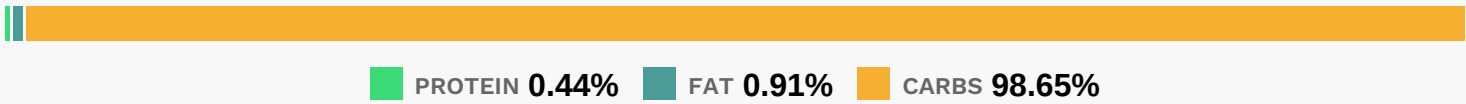
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ kitchen thermometer

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 2 weeks.
- ☐ Serve chilled or at room temperature.
- ☐ Note: For testing purposes only, we used Grand Marnier for orange liqueur.
- ☐ Turkey Tenderloins With Cranberry Sauce: Preheat oven to 40
- ☐ Sprinkle 1 1/2 lb. turkey tenderloins with 1 tsp. each salt and freshly ground pepper.
- ☐ Place tenderloins in a lightly greased 15- x 10-inch jelly-roll pan.
- ☐ Bake 20 to 25 minutes or until a meat thermometer inserted into thickest portion registers 17
- ☐ Brush tenderloins with Grandma Erma's Spirited Cranberry Sauce.
- ☐ Garnish with fresh sage or rosemary and currants, if desired. Makes 4 servings. Prep: 10 min.,
- ☐ Bake: 25 min.

Nutrition Facts



Properties

Glycemic Index:23.02, Glycemic Load:58.87, Inflammation Score:-4, Nutrition Score:3.2569565390763%

Flavonoids

Cyanidin: 37.14mg, Cyanidin: 37.14mg, Cyanidin: 37.14mg, Cyanidin: 37.14mg Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 7.07mg, Delphinidin: 7.07mg, Delphinidin: 7.07mg, Delphinidin: 7.07mg Malvidin: 23.11mg, Malvidin: 23.11mg, Malvidin: 23.11mg, Malvidin: 23.11mg Pelargonidin: 0.26mg, Pelargonidin:

0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 40.27mg, Peonidin: 40.27mg, Peonidin: 40.27mg, Peonidin: 40.27mg Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg, Catechin: 2.68mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3–gallate: 0.78mg, Epigallocatechin 3–gallate: 0.78mg, Epigallocatechin 3–gallate: 0.78mg, Epigallocatechin 3–gallate: 0.78mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.3mg, Myricetin: 5.3mg, Myricetin: 5.3mg, Myricetin: 5.3mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 419.54kcal (20.98%), Fat: 0.4g (0.61%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 96.37g (32.12%), Net Carbohydrates: 93.49g (34%), Sugar: 88.92g (98.8%), Cholesterol: 0mg (0%), Sodium: 5.5mg (0.24%), Alcohol: 6.74g (100%), Alcohol %: 4.36% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.43g (0.86%), Manganese: 0.32mg (16.09%), Vitamin C: 11.2mg (13.58%), Fiber: 2.88g (11.52%), Vitamin E: 1.06mg (7.04%), Vitamin K: 4µg (3.81%), Copper: 0.07mg (3.3%), Potassium: 91.22mg (2.61%), Vitamin B5: 0.24mg (2.44%), Vitamin B6: 0.05mg (2.28%), Vitamin B2: 0.04mg (2.17%), Magnesium: 7.31mg (1.83%), Iron: 0.29mg (1.6%), Phosphorus: 11.67mg (1.17%), Selenium: 0.72µg (1.02%)