



Grapefruit-Cranberry Marmalade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



32

CALORIES



100 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2.5 cups cranberries fresh
- 4 pounds grapefruit
- 3 cups sugar
- 1.5 cups water

Equipment

- sauce pan
- peeler

Directions

- Using a vegetable peeler, carefully remove rind from grapefruit; discard bitter white pith.
- Cut rind into julienne strips. Peel and section grapefruit; set sections aside.
- Combine grapefruit rind, sections, and water in a large saucepan; bring to a boil. Reduce heat to medium, and simmer 15 minutes, stirring occasionally.
- Add cranberries, and cook 10 minutes. Stir in sugar; cook 30 minutes or until slightly thickened, stirring occasionally.
- Pour into decorative jars or airtight containers. Store in refrigerator for up to 3 weeks.

Nutrition Facts

 PROTEIN 1.78%  FAT 1.27%  CARBS 96.95%

Properties

Glycemic Index:4.38, Glycemic Load:14.67, Inflammation Score:-5, Nutrition Score:2.6852174219878%

Flavonoids

Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 3.84mg, Peonidin: 3.84mg, Peonidin: 3.84mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 18.51mg, Naringenin: 18.51mg, Naringenin: 18.51mg, Naringenin: 18.51mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 99.59kcal (4.98%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 24.49g (8.91%), Sugar: 22.95g (25.5%), Cholesterol: 0mg (0%), Sodium: 0.9mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.95%), Vitamin C: 18.78mg (22.77%), Vitamin A: 656.73IU (13.13%), Fiber: 1.19g (4.75%), Potassium: 83.17mg (2.38%), Manganese: 0.04mg (2.07%), Folate: 7.45µg (1.86%), Vitamin B6: 0.03mg (1.73%), Vitamin B5: 0.17mg (1.72%), Vitamin B1: 0.03mg (1.69%), Magnesium: 5.68mg (1.42%),

Calcium: 13.62mg (1.36%), Vitamin B2: 0.02mg (1.34%), Copper: 0.03mg (1.28%), Vitamin E: 0.18mg (1.18%),
Phosphorus: 11.07mg (1.11%)