



Hazel's Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



7

CALORIES



303 kcal

SIDE DISH

SAUCE

Ingredients

- 2 cups apple cider
- 24 ounce cranberries fresh
- 0.5 cup brown sugar dark packed
- 2.5 teaspoons ground allspice
- 0.8 teaspoon ground cloves
- 0.3 teaspoon ground nutmeg
- 1.5 cups sugar white

Equipment

sauce pan

ladle

Directions

In a saucepan, stir together the apple cider, white sugar, brown sugar, allspice, cloves, nutmeg and cranberries. Bring to a boil, then reduce the heat to low and simmer for about 15 minutes, until most of the cranberries have popped. Continue cooking until the consistency is thick.

Ladle into sterile jars to within 1/2 inch of the rim, seal with lids and rings. Process in a simmering water bath for 10 to 15 minutes to seal, or just transfer to containers, cool, and refrigerate. It will last at least a week if it can escape being gobbled up!

Nutrition Facts

PROTEIN 0.74% **FAT 1.32%** **CARBS 97.94%**

Properties

Glycemic Index:34.41, Glycemic Load:36.71, Inflammation Score:-3, Nutrition Score:4.8060869678207%

Flavonoids

Cyanidin: 45.14mg, Cyanidin: 45.14mg, Cyanidin: 45.14mg, Cyanidin: 45.14mg Delphinidin: 7.46mg, Delphinidin: 7.46mg, Delphinidin: 7.46mg, Delphinidin: 7.46mg Malvidin: 0.43mg, Malvidin: 0.43mg, Malvidin: 0.43mg, Malvidin: 0.43mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 47.78mg, Peonidin: 47.78mg, Peonidin: 47.78mg, Peonidin: 47.78mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 7.42mg, Epicatechin: 7.42mg, Epicatechin: 7.42mg, Epicatechin: 7.42mg Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 6.45mg, Myricetin: 6.45mg, Myricetin: 6.45mg, Myricetin: 6.45mg Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg

Nutrients (% of daily need)

Calories: 303.28kcal (15.16%), Fat: 0.47g (0.72%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 78.08g (26.03%), Net Carbohydrates: 74.2g (26.98%), Sugar: 68.68g (76.31%), Cholesterol: 0mg (0%), Sodium: 10.62mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Manganese: 0.56mg (28.18%), Vitamin C: 14.5mg (17.57%), Fiber: 3.88g (15.5%), Vitamin E: 1.31mg (8.72%), Potassium: 177.51mg (5.07%), Vitamin K: 5.16µg (4.92%), Copper: 0.08mg (3.92%), Vitamin B6: 0.08mg (3.82%), Vitamin B5: 0.34mg (3.42%), Calcium: 32.85mg (3.28%), Magnesium: 12.27mg (3.07%), Iron: 0.52mg (2.86%), Vitamin B2: 0.04mg (2.35%), Vitamin B1: 0.03mg (1.81%), Phosphorus: 17.22mg (1.72%), Vitamin A: 63.27IU (1.27%)