



Holiday Cranberry-Apple Relish

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

588 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cranberries
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cranberry-orange relish peeled chopped
- ☐ 0.3 cup orange juice
- ☐ 1 cup raisins dark
- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when cored chopped
- ☐ 2 cups sugar white

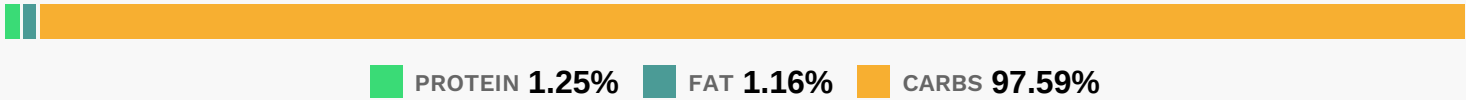
Equipment

☐ sauce pan

Directions

- ☐ Combine cranberries, sugar, orange juice, orange, apple, raisins, and cinnamon in a large sauce pan. Cover saucepan with lid. Bring the mixture to a boil, reduce heat to medium, and cook at a simmer until all the cranberries have burst, 15 to 20 minutes.
- ☐ Remove from heat and allow to cool until thickened.

Nutrition Facts



Properties

Glycemic Index:76.35, Glycemic Load:92.94, Inflammation Score:-5, Nutrition Score:9.836086962534%

Flavonoids

Cyanidin: 47.14mg, Cyanidin: 47.14mg, Cyanidin: 47.14mg, Cyanidin: 47.14mg Delphinidin: 7.67mg, Delphinidin: 7.67mg, Delphinidin: 7.67mg, Delphinidin: 7.67mg Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 49.17mg, Peonidin: 49.17mg, Peonidin: 49.17mg, Peonidin: 49.17mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 7.8mg, Epicatechin: 7.8mg, Epicatechin: 7.8mg, Epicatechin: 7.8mg Epigallocatechin 3-gallate: 1.06mg, Epigallocatechin 3-gallate: 1.06mg, Epigallocatechin 3-gallate: 1.06mg, Epigallocatechin 3-gallate: 1.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 11.39mg, Hesperetin: 11.39mg, Hesperetin: 11.39mg, Hesperetin: 11.39mg Naringenin: 5.46mg, Naringenin: 5.46mg, Naringenin: 5.46mg, Naringenin: 5.46mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 6.69mg, Myricetin: 6.69mg, Myricetin: 6.69mg, Myricetin: 6.69mg Quercetin: 16.86mg, Quercetin: 16.86mg, Quercetin: 16.86mg, Quercetin: 16.86mg

Nutrients (% of daily need)

Calories: 587.89kcal (29.39%), Fat: 0.81g (1.25%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 152.74g (50.91%), Net Carbohydrates: 144.49g (52.54%), Sugar: 113.61g (126.23%), Cholesterol: 0mg (0%), Sodium: 13.86mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.93%), Vitamin C: 45.83mg (55.55%), Fiber: 8.25g (33%), Manganese: 0.58mg (28.76%), Potassium: 532.51mg (15.21%), Copper: 0.21mg (10.51%), Vitamin E: 1.48mg (9.87%), Vitamin B6: 0.17mg (8.63%), Vitamin B2: 0.14mg (8.02%), Iron: 1.39mg (7.72%), Vitamin B1: 0.11mg (7.17%),

Magnesium: 25mg (6.25%), Vitamin K: 6.18µg (5.88%), Phosphorus: 51.61mg (5.16%), Folate: 19.51µg (4.88%),
Vitamin B5: 0.46mg (4.62%), Calcium: 42.26mg (4.23%), Vitamin A: 201.07IU (4.02%), Vitamin B3: 0.73mg (3.64%),
Selenium: 1.12µg (1.6%), Zinc: 0.23mg (1.51%)