



Holiday Cranberry Relish



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



352 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 4 large apples cored cut into chunks
- ☐ 12 ounce cranberries frozen
- ☐ 4 large naval oranges peeled cut into chunks
- ☐ 1 cup pecans chopped
- ☐ 3 ounce strawberry jell-o® mix flavored
- ☐ 1 cup sugar white

Equipment

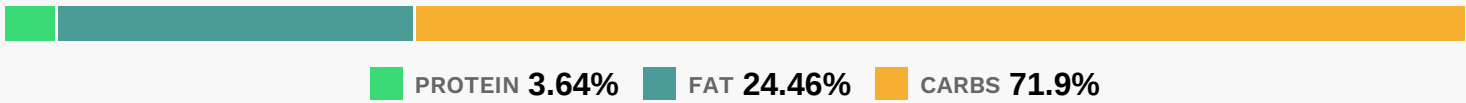
- ☐ food processor

☐ bowl

Directions

- ☐ Place the oranges in the bowl of a food processor, and pulse until chopped, 2 or 3 pulses.
- ☐ Remove and place the chopped oranges into a large bowl. Chop the apples in the food processor for 2 or 3 pulses, and place in the bowl. Chop the cranberries in the food processor for 2 or 3 pulses, and place in the bowl with the oranges and apples.
- ☐ Stir the gelatin mix, sugar, and chopped pecans into the chopped fruit, and mix well. Cover and refrigerate until set, at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:24.95, Glycemic Load:26.86, Inflammation Score:-7, Nutrition Score:11.553478386091%

Flavonoids

Cyanidin: 22.96mg, Cyanidin: 22.96mg, Cyanidin: 22.96mg, Cyanidin: 22.96mg Delphinidin: 4.25mg, Delphinidin: 4.25mg, Delphinidin: 4.25mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.93mg, Peonidin: 20.93mg, Peonidin: 20.93mg Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg, Catechin: 2.6mg Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg, Epigallocatechin: 1.37mg Epicatechin: 10.37mg, Epicatechin: 10.37mg, Epicatechin: 10.37mg, Epicatechin: 10.37mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg, Hesperetin: 25.07mg Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg, Naringenin: 14.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 2.96mg, Myricetin: 2.96mg, Myricetin: 2.96mg, Myricetin: 2.96mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 351.68kcal (17.58%), Fat: 10.25g (15.76%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 67.76g (22.59%), Net Carbohydrates: 60.04g (21.83%), Sugar: 56.65g (62.95%), Cholesterol: 0mg (0%), Sodium: 51.76mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin C: 60.18mg (72.94%), Manganese: 0.83mg (41.52%), Fiber: 7.72g (30.89%), Copper: 0.27mg (13.66%), Vitamin B1: 0.19mg (12.96%), Potassium: 376.95mg (10.77%), Folate: 34.69µg (8.67%), Magnesium: 34.03mg (8.51%), Phosphorus: 82.55mg (8.26%), Vitamin

B6: 0.15mg (7.69%), Vitamin E: 1.12mg (7.46%), Vitamin A: 300.35IU (6.01%), Vitamin B2: 0.1mg (5.95%), Calcium: 57mg (5.7%), Vitamin B5: 0.54mg (5.43%), Zinc: 0.77mg (5.12%), Vitamin K: 5.06µg (4.82%), Iron: 0.69mg (3.86%), Vitamin B3: 0.56mg (2.82%), Selenium: 1.88µg (2.69%)