



Hot 'n' Spicy Cranberry Dip

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings apples sliced
- 0.1 teaspoon ground pepper
- 1 garlic clove minced
- 1 tablespoon honey
- 1 tablespoons horseradish prepared
- 1.5 teaspoons juice of lemon
- 6 servings andouille smoked warmed miniature
- 0.8 cup roasted cranberry sauce

1.5 teaspoons worcestershire sauce

Equipment

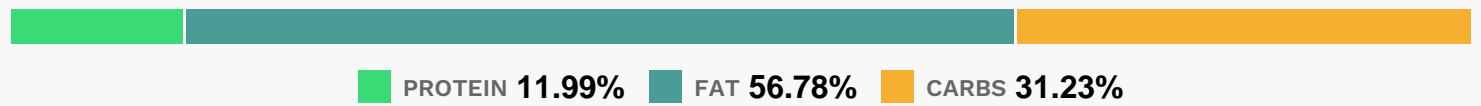
sauce pan

Directions

In a small saucepan, combine the first seven ingredients; bring to a boil, stirring constantly. Reduce heat. Cover and simmer for 5 minutes, stirring occasionally.

Serve warm with sausage and/or fruit.

Nutrition Facts



Properties

Glycemic Index:30.21, Glycemic Load:3.9, Inflammation Score:-1, Nutrition Score:7.4152174255122%

Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 358.15kcal (17.91%), Fat: 22.76g (35.02%), Saturated Fat: 7.85g (49.07%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 26.18g (9.52%), Sugar: 20.89g (23.22%), Cholesterol: 60.35mg (20.12%), Sodium: 753.42mg (32.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.64%), Vitamin B12: 1.28µg (21.39%), Selenium: 11.46µg (16.37%), Vitamin B1: 0.24mg (15.97%), Vitamin B3: 2.87mg (14.34%), Zinc: 1.87mg (12.45%), Phosphorus: 102.03mg (10.2%), Vitamin B2: 0.17mg (10.18%), Vitamin B6: 0.19mg (9.27%), Fiber: 2g (8%), Potassium:

261.43mg (7.47%), Iron: 1.19mg (6.59%), Vitamin D: 0.94µg (6.23%), Vitamin C: 4.73mg (5.74%), Manganese: 0.09mg (4.48%), Copper: 0.08mg (4.23%), Vitamin B5: 0.42mg (4.21%), Magnesium: 15.23mg (3.81%), Vitamin E: 0.45mg (3.03%), Folate: 7.55µg (1.89%), Vitamin K: 1.95µg (1.86%), Calcium: 15.01mg (1.5%), Vitamin A: 67.14IU (1.34%)