



Iced Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 1.5 cups sugar
- ☐ 2 cups water

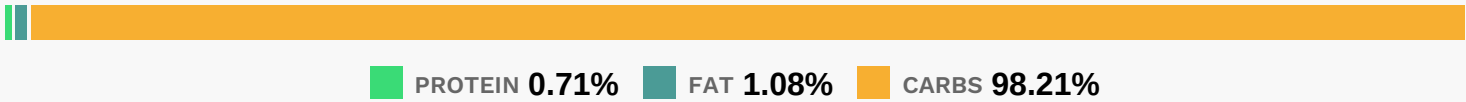
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ ramekin

Directions

- ☐ Combine water and cranberries in a large saucepan. Bring to a boil over high heat; boil 8 to 10 minutes or until skins pop.
- ☐ Remove from heat. Process cranberries, in batches, in a food processor until coarsely pureed. Press pureed cranberries through a wire-mesh strainer into a bowl, discarding solids.
- ☐ Add sugar and remaining 4 ingredients to cranberry puree, stirring until sugar dissolves.
- ☐ Divide cranberry sauce evenly among 6 (6-ounce) custard cups or ramekins. Cover and freeze until firm.
- ☐ Remove from freezer 10 to 15 minutes before serving.
- ☐ Cranberry Spritzer: For a festive drink, thaw any unused portions of Iced Cranberry Sauce and mix with ginger ale or seltzer.

Nutrition Facts



Properties

Glycemic Index:27.85, Glycemic Load:38.14, Inflammation Score:-3, Nutrition Score:3.2839130033617%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin:

3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg, Hesperetin: 3.19mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 229.33kcal (11.47%), Fat: 0.29g (0.44%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 59.19g (19.73%), Net Carbohydrates: 57.05g (20.75%), Sugar: 54.18g (60.2%), Cholesterol: 0mg (0%), Sodium: 5.85mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin C: 20.66mg (25.05%), Manganese: 0.21mg (10.49%), Fiber: 2.14g (8.54%), Vitamin E: 0.76mg (5.1%), Copper: 0.06mg (2.91%), Vitamin K: 2.86µg (2.72%), Potassium: 93.66mg (2.68%), Vitamin B6: 0.04mg (2.18%), Vitamin B5: 0.21mg (2.15%), Folate: 7.89µg (1.97%), Vitamin B1: 0.03mg (1.8%), Magnesium: 6.85mg (1.71%), Vitamin B2: 0.03mg (1.65%), Vitamin A: 77.54IU (1.55%), Iron: 0.2mg (1.14%), Calcium: 10.56mg (1.06%), Phosphorus: 10.23mg (1.02%)