



Insanely Easy Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 0.3 pound cherries fresh pitted halved
- ☐ 0.8 pound cranberries fresh
- ☐ 2 tablespoons ground cinnamon
- ☐ 1 pinch ground ginger
- ☐ 2 cups sugar white
- ☐ 2.5 cups white wine

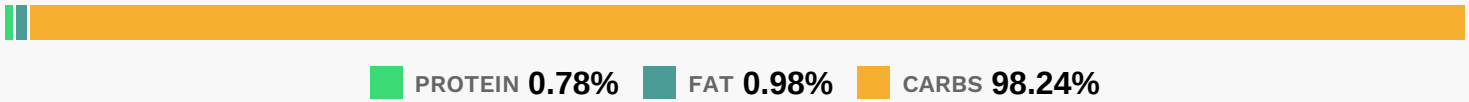
Equipment

- ☐ sauce pan

Directions

- ☐ Combine the wine, sugar, cinnamon, and ginger in a saucepan. Bring to a simmer over medium-high heat, stirring until the sugar has dissolved.
- ☐ Add the cranberries and cherries. Return to a simmer; reduce heat to medium-low, cover, and simmer 45 minutes stirring occasionally. Refrigerate until cold before serving.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:37.27, Inflammation Score:-4, Nutrition Score:3.8343478480111%

Flavonoids

Cyanidin: 24.03mg, Cyanidin: 24.03mg, Cyanidin: 24.03mg, Cyanidin: 24.03mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg, Malvidin: 0.23mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 21.12mg, Peonidin: 21.12mg, Peonidin: 21.12mg, Peonidin: 21.12mg Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 287.52kcal (14.38%), Fat: 0.27g (0.41%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 60.75g (20.25%), Net Carbohydrates: 57.86g (21.04%), Sugar: 54.29g (60.33%), Cholesterol: 0mg (0%), Sodium: 5.31mg (0.23%), Alcohol: 7.72g (100%), Alcohol %: 5.33% (100%), Protein: 0.48g (0.96%), Manganese: 0.61mg (30.52%), Fiber: 2.89g (11.58%), Vitamin C: 7.02mg (8.51%), Vitamin E: 0.62mg (4.12%), Potassium: 128.69mg (3.68%), Vitamin B6: 0.07mg (3.6%), Calcium: 32.56mg (3.26%), Magnesium: 12.86mg (3.22%), Vitamin K: 3.35µg (3.19%), Iron: 0.55mg (3.04%), Copper: 0.05mg (2.29%), Phosphorus: 22.48mg (2.25%), Vitamin B2: 0.03mg (2.05%), Vitamin B5: 0.19mg (1.95%), Zinc: 0.18mg (1.2%)