



Instant Spiced Apple Cider-Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



56 kcal

SIDE DISH

SAUCE

Ingredients

- 2 cups apple cider
- 0.5 teaspoon cinnamon
- 0.3 teaspoon ground cardamom
- 0.3 teaspoon ground cloves
- 0.3 teaspoon nutmeg freshly grated
- 12 cups bags cranberries fresh

Equipment

- sauce pan

wooden spoon

Directions

- In a large saucepan, combine the cranberries and apple cider with the cinnamon, cloves, nutmeg and cardamom and bring to a boil. Cook over moderately high heat, coarsely mashing the berries with a wooden spoon, until the sauce is softened and jamlike, about 5 minutes.
- Serve warm, at room temperature or chilled.
- Make Ahead: The cranberry sauce can be refrigerated for up to 1 week.

Nutrition Facts

PROTEIN **1.08%** FAT **3.53%** CARBS **95.39%**

Properties

Glycemic Index:30.19, Glycemic Load:5.37, Inflammation Score:-1, Nutrition Score:1.3491304290035%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 56.28kcal (2.81%), Fat: 0.23g (0.35%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 13.29g (4.83%), Sugar: 11.4g (12.66%), Cholesterol: 0mg (0%), Sodium: 5.13mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.31%), Manganese: 0.24mg (12.24%), Potassium: 123.37mg (3.52%), Fiber: 0.47g (1.89%), Magnesium: 6.89mg (1.72%), Vitamin B1: 0.03mg (1.71%), Vitamin C: 1.1mg (1.34%), Calcium: 13.44mg (1.34%), Vitamin B2: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.13%), Iron: 0.2mg (1.1%)