



## Jalapeño-Orange Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



61 kcal

SIDE DISH

SAUCE

### Ingredients

- 12 ounces cranberries
- 2 large cloves garlic pressed
- 2 tablespoons spring onion thinly sliced (white and green parts)
- 0.5 jalapeno minced seeded
- 0.5 cup orange juice
- 1 teaspoon orange zest grated
- 0.1 teaspoon salt to taste (optional or )
- 0.5 cup sugar

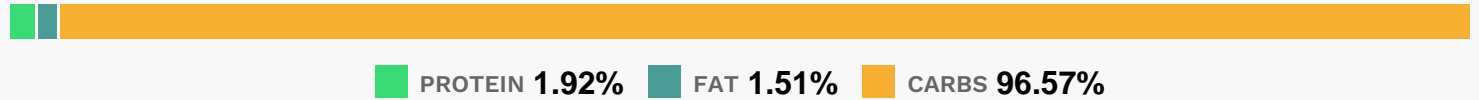
# Equipment

sauce pan

# Directions

- Combine all ingredients except green onion in a medium-sized saucepan. Bring to a boil, stirring to dissolve the sugar. Reduce heat and simmer, stirring often, until the berries pop and burst. Continue to cook for a couple of minutes, until the sauce begins to thicken.
- Remove from heat and allow to cool to room temperature.
- Transfer to a serving dish and stir in the green onion. Cover and refrigerate until ready to serve.

# Nutrition Facts



# Properties

Glycemic Index:26.11, Glycemic Load:9.01, Inflammation Score:-2, Nutrition Score:2.1699999959573%

# Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

# Nutrients (% of daily need)

Calories: 61.4kcal (3.07%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 14.38g (5.23%), Sugar: 12.54g (13.93%), Cholesterol: 0mg (0%), Sodium: 30.29mg (1.32%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Vitamin C: 12.48mg (15.12%), Manganese: 0.14mg (6.87%), Fiber: 1.33g (5.34%), Vitamin K: 4.34µg (4.13%), Vitamin E: 0.49mg (3.24%), Vitamin B6: 0.04mg (1.79%), Potassium: 60.1mg (1.72%), Copper: 0.03mg (1.43%), Vitamin B5: 0.13mg (1.32%), Vitamin A: 65.62IU (1.31%), Folate: 5.1µg (1.27%), Vitamin B1: 0.02mg (1.17%)