



Jellied Cranberry Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



150 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

SAUCE

Ingredients

- 1 stick cinnamon (3-inch)
- 3 cups cranberries fresh
- 2.3 teaspoons gelatin powder unflavored
- 1 cup granulated sugar
- 1.5 teaspoons orange zest finely grated (from 1 medium orange)
- 0.8 cup water

Equipment

- bowl

- frying pan
- sauce pan
- knife
- whisk
- sieve
- ramekin
- spatula

Directions

- Place a fine-mesh strainer over a medium heatproof bowl and set it aside. If you plan to unmold the cranberry sauce, spray a 1-1/2-cup bowl, ramekin, or decorative mold with cooking spray and set it aside.
- Combine the cranberries, sugar, 1/2 cup of the water, and the cinnamon stick in a medium saucepan and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer, stirring occasionally, until the berries are starting to fall apart and the liquid has thickened slightly, about 10 minutes.
- Remove and discard the cinnamon stick and pour the cranberry mixture into the strainer. Rinse out the saucepan and set it aside. Using a rubber spatula, push on the cranberry solids and scrape the underside of the strainer until all of the liquid has been extracted; set the liquid aside. (You should have about 1 cup.) Discard the contents of the strainer.
- Pour the remaining 1/4 cup water into a small bowl.
- Sprinkle the gelatin evenly over the surface and let it stand undisturbed until it softens, about 3 minutes (it will start to look wavy and wrinkled). Return the strained cranberry liquid to the clean pan and stir in the gelatin mixture and orange zest.
- Place over low heat and whisk continuously until the gelatin has dissolved and no longer feels grainy, about 2 minutes. (Do not let the mixture simmer or the gelatin will not set properly.)
- Transfer the mixture to the prepared mold and refrigerate until set, at least 2 hours. To unmold, dip the mold into warm (not hot) water for about 10 seconds. Run the tip of a knife or rubber spatula between the jellied sauce and the mold to loosen the edges, then invert onto a serving dish. Return to the refrigerator to refirm if necessary, about 20 minutes.

Nutrition Facts



■ PROTEIN 3.7% ■ FAT 0.98% ■ CARBS 95.32%

Properties

Glycemic Index:15.01, Glycemic Load:18.88, Inflammation Score:-1, Nutrition Score:1.8195652041746%

Flavonoids

Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 118.71kcal (5.94%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 28.22g (10.26%), Sugar: 26.56g (29.51%), Cholesterol: 0mg (0%), Sodium: 4.37mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Manganese: 0.21mg (10.68%), Vitamin C: 5.78mg (7%), Fiber: 1.62g (6.49%), Vitamin E: 0.51mg (3.37%), Copper: 0.05mg (2.62%), Vitamin K: 2.01µg (1.92%), Vitamin B5: 0.12mg (1.15%), Vitamin B6: 0.02mg (1.14%)