



Jellied Cranberry Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



994 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 48 ounce cranberries frozen thawed
- ☐ 2 tablespoons gelatin powder unflavored (from three)
- ☐ 3 cups sugar
- ☐ 3.3 cups water cold

Equipment

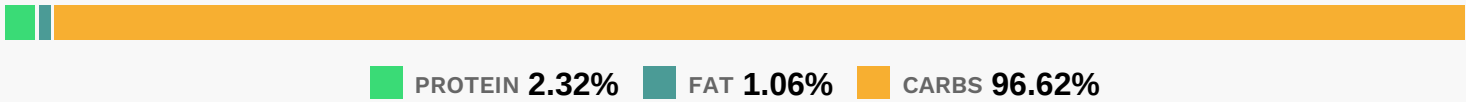
- ☐ bowl
- ☐ sauce pan
- ☐ knife

- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Bring cranberries, sugar, and 3 cups water to a boil in a 4- to 5-quart heavy saucepan, stirring until sugar is dissolved, then reduce heat and simmer, partially covered, stirring occasionally, until all berries have burst, 10 to 15 minutes.
- ☐ Pour into a large fine-mesh sieve set over a 2-quart glass measure or a bowl and let stand until all juices have drained through, about 30 minutes. If necessary, press on solids until there is enough juice to measure 3 cups, then discard solids.
- ☐ Stir together gelatin and remaining 1/3 cup water and let stand 1 minute to soften. Bring 1 cup drained cranberry liquid to a simmer in a small saucepan, then add gelatin mixture and stir until just dissolved.
- ☐ Add gelatin mixture to remaining cranberry liquid and stir well.
- ☐ Pour cranberry sauce into lightly oiled mold and chill, covered with plastic wrap, until firmly set, at least 12 hours.
- ☐ To unmold, run tip of a thin knife between edge of mold and cranberry sauce. Tilt mold sideways and tap side of mold against a work surface, turning it, to evenly break seal and loosen cranberry sauce. Keeping mold tilted, invert a plate over mold, then invert cranberry sauce onto plate.
- ☐ ·Cranberry sauce can be chilled in mold up to 2 days:Cranberry sauce can be unmolded 1 hour ahead and chilled or kept at room temperature.

Nutrition Facts



Properties

Glycemic Index:38.36, Glycemic Load:156.77, Inflammation Score:-8, Nutrition Score:17.266956443372%

Flavonoids

Cyanidin: 210.6mg, Cyanidin: 210.6mg, Cyanidin: 210.6mg, Cyanidin: 210.6mg Delphinidin: 34.79mg, Delphinidin: 34.79mg, Delphinidin: 34.79mg, Delphinidin: 34.79mg Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg Pelargonidin: 1.45mg, Pelargonidin: 1.45mg, Pelargonidin: 1.45mg, Pelargonidin: 1.45mg Peonidin: 222.99mg, Peonidin: 222.99mg, Peonidin: 222.99mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin:

1.77mg, Catechin: 1.77mg Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg, Epigallocatechin: 3.36mg Epicatechin: 19.82mg, Epicatechin: 19.82mg, Epicatechin: 19.82mg, Epicatechin: 19.82mg Epigallocatechin 3–gallate: 4.4mg, Epigallocatechin 3–gallate: 4.4mg, Epigallocatechin 3–gallate: 4.4mg, Epigallocatechin 3–gallate: 4.4mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 30.07mg, Myricetin: 30.07mg, Myricetin: 30.07mg, Myricetin: 30.07mg Quercetin: 67.31mg, Quercetin: 67.31mg, Quercetin: 67.31mg

Nutrients (% of daily need)

Calories: 994.29kcal (49.71%), Fat: 1.23g (1.9%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 253.63g (84.54%), Net Carbohydrates: 237.3g (86.29%), Sugar: 218.97g (243.3%), Cholesterol: 0mg (0%), Sodium: 33.36mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Manganese: 1.65mg (82.29%), Vitamin C: 63.5mg (76.97%), Fiber: 16.33g (65.32%), Vitamin E: 5.99mg (39.92%), Vitamin K: 22.68µg (21.6%), Copper: 0.41mg (20.55%), Vitamin B5: 1.34mg (13.44%), Vitamin B6: 0.26mg (12.94%), Potassium: 367.62mg (10.5%), Vitamin B2: 0.14mg (8.2%), Magnesium: 30.87mg (7.72%), Iron: 1.2mg (6.64%), Vitamin A: 272.16IU (5.44%), Phosphorus: 51.72mg (5.17%), Selenium: 3.5µg (5%), Calcium: 48.74mg (4.87%), Vitamin B1: 0.06mg (3.71%), Zinc: 0.46mg (3.07%), Vitamin B3: 0.46mg (2.31%), Folate: 5.94µg (1.48%)