

Julie's Brandied Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

126 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 0.3 cup brandy
- ☐ 12 oz cranberries fresh frozen thawed
- ☐ 2 tablespoons orange peel shredded finely
- ☐ 1.5 cups sugar

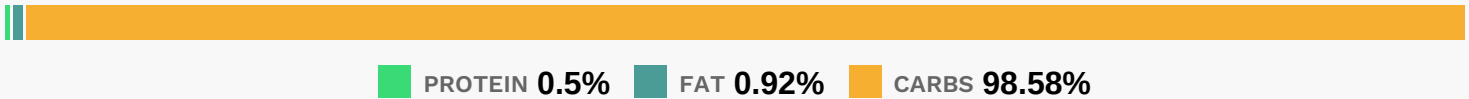
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Sort cranberries and discard any soft or spoiled ones. Rinse and drain berries.
- ☐ Mix cranberries, sugar, brandy, and orange peel in an 8- or 9-inch square baking dish.
- ☐ Bake, uncovered, in a 325 oven until berries are tender when pierced and most of the liquid has evaporated, about 1 hour, stirring occasionally.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:10.84, Glycemic Load:18.52, Inflammation Score:-1, Nutrition Score:1.19826088392222%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 125.66kcal (6.28%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.02%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 27.43g (9.97%), Sugar: 26.16g (29.07%), Cholesterol: 0mg (0%), Sodium: 0.91mg (0.04%), Alcohol: 2.23g (100%), Alcohol %: 4.63% (100%), Protein: 0.15g (0.29%), Vitamin C: 5.33mg (6.46%), Manganese: 0.1mg (5.21%), Fiber: 1.13g (4.51%), Vitamin E: 0.38mg (2.51%), Vitamin K: 1.42µg (1.35%)