



Maple-Cranberry Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 3 cups cranberries fresh
- ☐ 0.7 cup golden raisins
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 cup honey
- ☐ 0.5 cup maple syrup

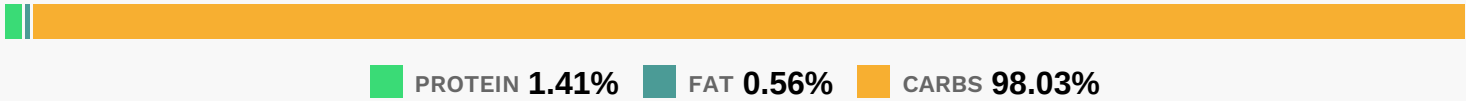
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a large saucepan. Bring to a boil; reduce heat, and simmer 10 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.68, Glycemic Load:20.68, Inflammation Score:-2, Nutrition Score:4.387391358614%

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: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 174.39kcal (8.72%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 43.38g (15.78%), Sugar: 38.24g (42.49%), Cholesterol: 0mg (0%), Sodium: 5.33mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.31%), Manganese: 0.67mg (33.72%), Vitamin B2: 0.29mg (17.31%), Fiber: 1.9g (7.61%), Vitamin C: 5.79mg (7.02%), Potassium: 183.2mg (5.23%), Copper: 0.07mg (3.69%), Vitamin E: 0.51mg (3.4%), Calcium: 33.96mg (3.4%), Vitamin B6: 0.07mg (3.29%), Magnesium: 11.67mg (2.92%), Iron: 0.44mg (2.43%), Vitamin K: 2.3µg (2.19%), Phosphorus: 19.61mg (1.96%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.14mg (1.42%), Vitamin B1: 0.02mg (1.26%), Vitamin B3: 0.22mg (1.11%)