

Mary Schmidt's Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



530 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

SAUCE

Ingredients

- 12 ounce cranberries fresh rinsed
- 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 1 cup maple syrup pure
- 1 orange zest
- 1 cup walnut pieces chopped

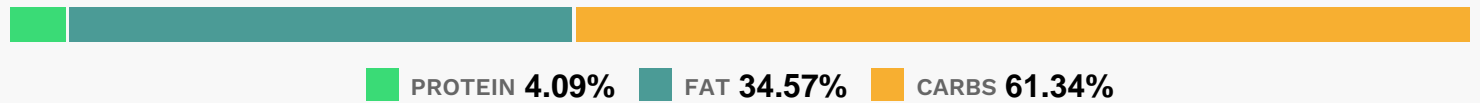
Equipment

- bowl
- sauce pan

Directions

- Pour the cranberry-raspberry juice into a saucepan.
- Add the cranberries, maple syrup, and orange zest. Bring to a boil over medium-high heat, then reduce heat to low, cover, and cook until the cranberries pop, about 10 minutes.
- Remove from the heat, and stir in the chopped walnuts.
- Let cool for 30 minutes, then scrape into a serving bowl. Cover, and refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:27.71, Inflammation Score:-6, Nutrition Score:16.486521886743%

Flavonoids

Cyanidin: 40.28mg, Cyanidin: 40.28mg, Cyanidin: 40.28mg, Cyanidin: 40.28mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 479.77kcal (23.99%), Fat: 19.27g (29.65%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 76.92g (25.64%), Net Carbohydrates: 71.52g (26.01%), Sugar: 60.28g (66.98%), Cholesterol: 0mg (0%), Sodium: 10.89mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Manganese: 3.16mg (157.81%), Vitamin B2: 1.1mg (64.55%), Copper: 0.55mg (27.51%), Vitamin C: 22.25mg (26.97%), Fiber: 5.4g (21.61%), Magnesium: 72.68mg (18.17%), Vitamin E: 2.09mg (13.96%), Calcium: 133.1mg (13.31%), Potassium: 433.22mg (12.38%), Vitamin B6: 0.24mg (12.19%), Phosphorus: 119.41mg (11.94%), Vitamin B1: 0.17mg (11.49%), Zinc: 1.61mg (10.76%), Vitamin K: 8.27µg (7.87%), Folate: 31.05µg (7.76%), Iron: 1.32mg (7.32%), Vitamin B5: 0.43mg (4.32%), Vitamin B3: 0.56mg (2.82%), Selenium: 1.61µg (2.3%), Vitamin A: 97.94IU (1.96%)