



Michelle's Famous Washed Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

SAUCE

Ingredients

- 0.5 cup brown sugar packed
- 12 ounce cranberries fresh rinsed
- 1.5 cups water
- 0.5 cup sugar white

Equipment

- sauce pan

Directions

- Combine the cranberries, water, white sugar, and brown sugar in a saucepan. Bring to a boil over high heat; cook uncovered for 5 minutes. Spoon off any foam that forms.
- Serve hot or cold.

Nutrition Facts

PROTEIN 0.67% **FAT 0.68%** **CARBS 98.65%**

Properties

Glycemic Index:14.39, Glycemic Load:10.33, Inflammation Score:-1, Nutrition Score:1.7621738904196%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 119.94kcal (6%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0.02%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 29.51g (10.73%), Sugar: 27.63g (30.7%), Cholesterol: 0mg (0%), Sodium: 7.04mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Manganese: 0.16mg (8.12%), Vitamin C: 5.95mg (7.22%), Fiber: 1.53g (6.12%), Vitamin E: 0.56mg (3.74%), Vitamin K: 2.13µg (2.02%), Copper: 0.04mg (1.91%), Calcium: 16.27mg (1.63%), Potassium: 52.56mg (1.5%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.14mg (1.44%), Iron: 0.2mg (1.12%), Magnesium: 4.23mg (1.06%)