



Minted Cranberry Relish



Gluten Free



Dairy Free



Low Fod Map

READY IN



185 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 2 cups cranberries fresh thawed ()
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 small cranberry-orange relish seedless quartered
- ☐ 1 tablespoon pear liqueur orange-flavored
- ☐ 0.5 cup sugar
- ☐ 3 tablespoons walnut pieces chopped

Equipment

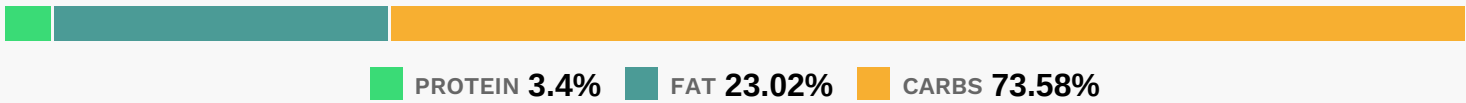
- ☐ food processor

☐ bowl

Directions

- ☐ In food processor bowl with metal blade, place orange pieces. Cover; process, using quick on-and-off motions, about 15 seconds or until finely chopped.
- ☐ Add cranberries; process until finely chopped.
- ☐ In nonmetal container, combine cranberry mixture, sugar, walnuts and mint. Stir in liqueur.
- ☐ Let stand at least 3 hours before serving to blend flavors. Store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:22.2, Glycemic Load:10.2, Inflammation Score:-2, Nutrition Score:2.6173913375191%

Flavonoids

Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg, Cyanidin: 11.71mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 3.4mg, Hesperetin: 3.4mg, Hesperetin: 3.4mg, Hesperetin: 3.4mg Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg, Naringenin: 1.84mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 97.46kcal (4.87%), Fat: 2.54g (3.91%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 16.75g (6.09%), Sugar: 15.48g (17.2%), Cholesterol: 0mg (0%), Sodium: 1.09mg (0.05%), Alcohol: 0.75g (100%), Alcohol %: 1.68% (100%), Protein: 0.84g (1.69%), Vitamin C: 10.33mg (12.52%), Manganese: 0.24mg (11.81%), Fiber: 1.54g (6.16%), Copper: 0.08mg (4.2%), Vitamin E: 0.38mg (2.52%), Magnesium: 9.63mg (2.41%), Folate: 8.95µg (2.24%), Vitamin B6: 0.04mg (2.16%), Vitamin A: 95.85IU (1.92%), Potassium: 65.62mg (1.87%), Phosphorus: 18.32mg (1.83%), Vitamin B1: 0.03mg (1.82%), Iron: 0.25mg (1.38%), Calcium: 13.64mg (1.36%), Vitamin

K: 1.35µg (1.29%), Vitamin B5: 0.13mg (1.29%), Vitamin B2: 0.02mg (1.24%), Zinc: 0.16mg (1.08%)