



Mulled-Cider Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 apples diced firm cored peeled finely (such as Rome or McIntosh)
- ☐ 1.5 cups apple cider
- ☐ 0.5 teaspoon cinnamon
- ☐ 12 ounces cranberries fresh
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 teaspoon nutmeg

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1 tablespoon orange zest finely grated

Equipment

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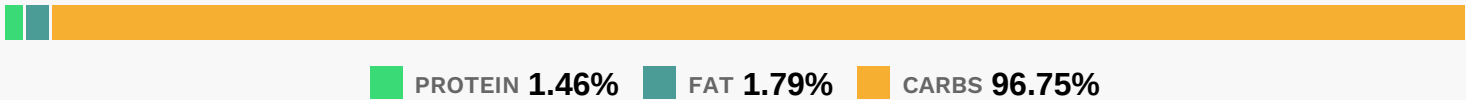
sauce pan

Directions

- ☐
- Put all ingredients in a medium-size heavy saucepan over medium heat; cook, stirring, until sugar dissolves, about 2 minutes. Reduce heat to low and simmer for 20 to 25 minutes, until cranberries soften and pop and sauce thickens, stirring occasionally (sauce will thicken more as it chills).

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Nutrition Facts



Properties

Glycemic Index:24.09, Glycemic Load:4.45, Inflammation Score:-2, Nutrition Score:2.6969565023547%

Flavonoids

Cyanidin: 20.11mg, Cyanidin: 20.11mg, Cyanidin: 20.11mg, Cyanidin: 20.11mg 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: 20.91mg, Peonidin: 20.91mg, Peonidin: 20.91mg, Peonidin: 20.91mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 5.66mg, Epicatechin: 5.66mg, Epicatechin: 5.66mg, Epicatechin: 5.66mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 88.45kcal (4.42%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 20.31g (7.39%), Sugar: 17.36g (19.28%), Cholesterol: 0mg (0%), Sodium: 5.58mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Manganese: 0.28mg (14.19%), Vitamin C: 8.43mg (10.21%), Fiber: 2.35g (9.41%), Vitamin E: 0.61mg (4.09%), Potassium: 119.56mg (3.42%), Vitamin K: 2.71µg (2.58%), Vitamin B6: 0.05mg (2.39%), Copper: 0.04mg (2.1%), Calcium: 18.83mg (1.88%), Magnesium: 7.43mg (1.86%),

Vitamin B5: 0.18mg (1.78%), Iron: 0.29mg (1.61%), Vitamin B2: 0.02mg (1.35%), Vitamin B1: 0.02mg (1.3%),
Phosphorus: 11.26mg (1.13%)