



No Cook Cranberry Orange Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



136 kcal

SIDE DISH

Ingredients

- 12 ounce cranberries
- 1 cranberry-orange relish unpeeled
- 1 cup sugar
- 0.5 cup pecans chopped

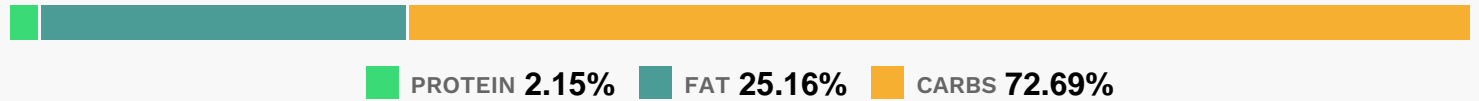
Equipment

- food processor
- bowl

Directions

- Pick through the cranberries and remove any bad ones.
- Cut the orange into eights and remove the seeds.
- Place half the cranberries and half the orange in a food processor, fitted with the steel blade, and pulse until the mixture is evenly chopped, but not pureed.
- Transfer to a medium bowl. Repeat with the remaining cranberries and orange.
- Combine all ingredients in bowl and stir in the sugar.
- Cover and refrigerate for at least 2 days or up to 2 weeks.
- Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.76, Glycemic Load:15.79, Inflammation Score:-2, Nutrition Score:3.24%

Flavonoids

Cyanidin: 16.38mg, Cyanidin: 16.38mg, Cyanidin: 16.38mg, Cyanidin: 16.38mg Delphinidin: 3.01mg, Delphinidin: 3.01mg, Delphinidin: 3.01mg, Delphinidin: 3.01mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg, Epicatechin: 1.53mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Taste

Sweetness: 100%, Saltiness: 0.09%, Sourness: 12.63%, Bitterness: 6.57%, Savoriness: 1.53%, Fattiness: 15.65%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 136.47kcal (6.82%), Fat: 4.05g (6.23%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 24.24g (8.82%), Sugar: 22.85g (25.39%), Cholesterol: 0mg (0%), Sodium: 0.88mg (0.04%), Protein: 0.78g (1.56%), Manganese: 0.37mg (18.59%), Vitamin C: 11.79mg (14.29%), Fiber: 2.06g (8.25%), Copper: 0.09mg (4.59%), Vitamin E: 0.55mg (3.66%), Vitamin B1: 0.05mg (3.43%), Magnesium: 9.95mg (2.49%), Potassium: 73.67mg (2.1%), Phosphorus: 20.67mg (2.07%), Vitamin B6: 0.04mg (1.93%), Zinc: 0.29mg (1.92%), Vitamin K: 1.89µg (1.8%), Vitamin B5: 0.18mg (1.8%), Folate: 5.47µg (1.37%), Vitamin B2: 0.02mg (1.35%), Iron: 0.24mg (1.33%), Calcium: 11.98mg (1.2%), Vitamin A: 52.94IU (1.06%)