



Old-Fashioned Cranberry Relish



Gluten Free



Dairy Free



Low Fod Map

READY IN



255 min.

SERVINGS



12

CALORIES



136 kcal

SIDE DISH

SAUCE

Ingredients



12 ounce cranberries fresh



1 cup granulated sugar



2 navel oranges white



1 tablespoon liqueur orange-flavored cointreau® such as



0.7 cup walnuts chopped

Equipment



food processor



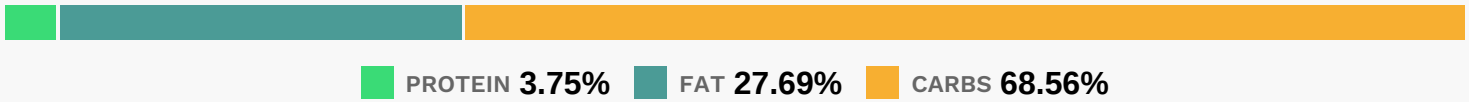
bowl

- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Finely chop about half the cranberries with 1 orange in a food processor; scrape into a glass mixing bowl. Repeat process with remaining cranberries and orange.
- ☐ Finely chop walnuts in the food processor; add to cranberry mixture. Stir sugar and orange-flavored liqueur through the cranberry mixture.
- ☐ Cover bowl with plastic wrap; refrigerate at least 4 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:12.8, Inflammation Score:-3, Nutrition Score:3.8352173359498%

Flavonoids

Cyanidin: 13.34mg, Cyanidin: 13.34mg, Cyanidin: 13.34mg, Cyanidin: 13.34mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 135.68kcal (6.78%), Fat: 4.36g (6.71%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 22.33g (8.12%), Sugar: 20.48g (22.75%), Cholesterol: 0mg (0%), Sodium: 1.1mg (0.05%), Alcohol: 0.5g (100%), Alcohol %: 0.83% (100%), Protein: 1.33g (2.66%), Vitamin C: 17.84mg (21.63%), Manganese: 0.33mg (16.57%), Fiber: 1.97g (7.88%), Copper: 0.13mg (6.47%), Folate: 14.59µg (3.65%), Magnesium: 14.54mg (3.63%), Vitamin B6: 0.07mg (3.47%), Phosphorus: 30.98mg (3.1%), Vitamin E: 0.45mg (3.03%), Vitamin B1: 0.04mg (2.76%), Potassium: 90.41mg (2.58%), Calcium: 18.84mg (1.88%), Vitamin B5: 0.18mg (1.82%), Vitamin B2: 0.03mg (1.79%),

Zinc: 0.25mg (1.64%), Iron: 0.29mg (1.63%), Vitamin K: 1.59µg (1.52%), Vitamin A: 75.94IU (1.52%)