



## Old-Fashioned Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



115 kcal

SIDE DISH

SAUCE

### Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 12 ounce cranberries fresh
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 cup port wine
- ☐ 1.3 cups sugar
- ☐ 0.5 cup water

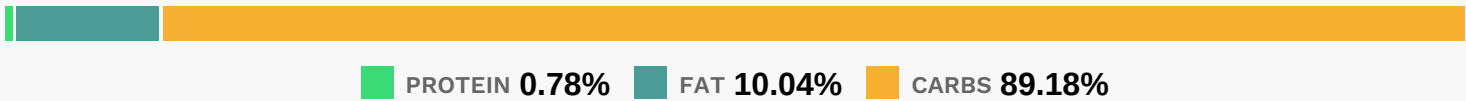
# Equipment

☐ sauce pan

# Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion, and saut for 4 minutes.
- ☐ Add sugar and the next 4 ingredients (through cranberries); bring to a boil. Reduce heat, and simmer for 8 minutes or until cranberries pop.
- ☐ Remove from heat, and stir in orange rind.
- ☐ Serve chilled or at room temperature.
- ☐ Add 3 tablespoons chopped fresh cilantro; 1 teaspoon grated lime rind; and 1 minced chipotle chile, canned in adobo sauce, to Old-Fashioned Cranberry Sauce.
- ☐ Serves 12 (serving size: 1/4 cup) Calories 112; Fat 2g (sat 1g); Sodium 6mg
- ☐ Add 2 cups diced apple to Old-Fashioned Cranberry Sauce.
- ☐ Serves 16 (serving size: 1/4 cup) Calories 90; Fat 9g (sat 1g); Sodium 1mg
- ☐ Combine 1 cup dried cherries and 1 cup cherry juice in a small saucepan over medium-high heat; bring to a boil.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Drain.
- ☐ Add drained cherries to Old-Fashioned Cranberry Sauce.
- ☐ Serves 14 (serving size: 1/4 cup) Calories 137; Fat 1g (sat 1g); Sodium 3mg
- ☐ Add 1 cup fresh raspberries and 1/2 cup coarsely chopped toasted walnuts to Old-Fashioned Cranberry Sauce.
- ☐ Serves 16 (serving size: 1/4 cup) Calories 112; Fat 3g (sat 3g); Sodium 1mg

# Nutrition Facts



# Properties

Glycemic Index:11.84, Glycemic Load:15.75, Inflammation Score:-1, Nutrition Score:1.4456521726173%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 2.37mg, Delphinidin: 2.37mg, Delphinidin: 2.37mg, Delphinidin: 2.37mg Malvidin: 4.87mg, Malvidin: 4.87mg, Malvidin: 4.87mg, Malvidin: 4.87mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 14.13mg, Peonidin: 14.13mg, Peonidin: 14.13mg, Peonidin: 14.13mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 114.69kcal (5.73%), Fat: 1.28g (1.97%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 24.4g (8.87%), Sugar: 22.68g (25.19%), Cholesterol: 0mg (0%), Sodium: 2.01mg (0.09%), Alcohol: 0.76g (100%), Alcohol %: 1.34% (100%), Protein: 0.22g (0.44%), Manganese: 0.13mg (6.57%), Vitamin C: 4.92mg (5.96%), Fiber: 1.18g (4.7%), Vitamin E: 0.58mg (3.87%), Vitamin K: 2.28µg (2.17%), Vitamin B6: 0.03mg (1.25%), Copper: 0.02mg (1.21%), Potassium: 38.69mg (1.11%)