



Orange Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

SAUCE

Ingredients

- 1 pound cranberries fresh
- 2 orange zest juiced
- 6 servings water to cover
- 1 cup sugar white

Equipment

- sauce pan

Directions

Stir cranberries, orange zest, sugar, and enough water to cover berries together in a saucepan. Bring mixture to a boil and cook until cranberries begin to burst, 5 to 10 minutes. Reduce heat to low, stir in orange juice, and simmer until flavors blend, about 1 hour. Cool to room temperature and refrigerate until a gel consistency is reached, at least 1 hour.

Nutrition Facts

PROTEIN 0.92% FAT 1.09% CARBS 97.99%

Properties

Glycemic Index:19.18, Glycemic Load:26.13, Inflammation Score:-3, Nutrition Score:3.441739126392%

Flavonoids

Cyanidin: 35.1mg, Cyanidin: 35.1mg, Cyanidin: 35.1mg, Cyanidin: 35.1mg Delphinidin: 5.8mg, Delphinidin: 5.8mg, Delphinidin: 5.8mg, Delphinidin: 5.8mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 37.16mg, Peonidin: 37.16mg, Peonidin: 37.16mg, Peonidin: 37.16mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 5.01mg, Myricetin: 5.01mg, Myricetin: 5.01mg, Myricetin: 5.01mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 166.99kcal (8.35%), Fat: 0.21g (0.33%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 40.13g (14.59%), Sugar: 36.49g (40.55%), Cholesterol: 0mg (0%), Sodium: 13.79mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 16.02mg (19.42%), Manganese: 0.27mg (13.67%), Fiber: 3.15g (12.58%), Vitamin E: 1.01mg (6.72%), Copper: 0.09mg (4.31%), Vitamin K: 3.78µg (3.6%), Vitamin B6: 0.05mg (2.51%), Vitamin B5: 0.24mg (2.43%), Potassium: 69.63mg (1.99%), Calcium: 19.92mg (1.99%), Magnesium: 7.78mg (1.95%), Vitamin B2: 0.03mg (1.47%), Vitamin A: 62.16IU (1.24%), Iron: 0.22mg (1.24%)