



Orange 'n' Jellied Cranberry Sauce Stacks



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

SAUCE

Ingredients



4 servings garnishes: cranberries fresh



4 slices navel oranges fresh (1/4-inch-thick)



16 ounce jellied cranberry sauce canned

Equipment

Directions

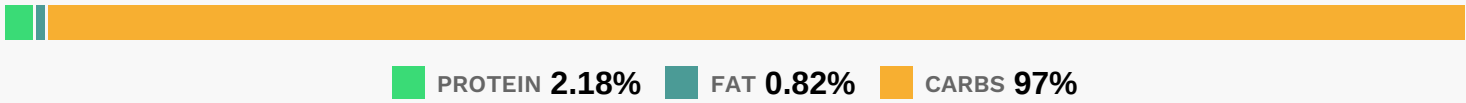


Remove cranberry sauce gently from can, leaving cylinder intact.

- ☐
- Cut sauce crosswise into 4 equal portions, and place each on a small plate. Top each portion with 1 orange slice.

☐

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.4247825966905%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 3.13mg, Myricetin: 3.13mg, Myricetin: 3.13mg, Myricetin: 3.13mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 181.25kcal (9.06%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 44.75g (16.27%), Sugar: 36.19g (40.21%), Cholesterol: 0mg (0%), Sodium: 5.7mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin E: 1.07mg (7.13%), Fiber: 1.31g (5.22%), Manganese: 0.07mg (3.6%), Iron: 0.47mg (2.6%), Vitamin C: 1.87mg (2.26%), Vitamin K: 1.64µg (1.56%), Copper: 0.03mg (1.52%), Vitamin B2: 0.02mg (1.44%), Vitamin B1: 0.02mg (1.19%), Vitamin A: 50.7IU (1.01%)