



Oranged Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



94 kcal

SIDE DISH

SAUCE

Ingredients

- 2 cups brown sugar packed
- 3 cinnamon sticks
- 24 ounce cranberries fresh
- 2 cups orange juice
- 1 orange zest

Equipment

- sauce pan

Directions

- In a medium saucepan, combine cranberries, orange zest, cinnamon, orange juice, and brown sugar.
- Add enough water to cover, and bring to a boil over high heat. Immediately reduce heat, and simmer for about 1 hour, or until the sauce has thickened. Taste for sweetness, and adjust with additional sugar if necessary. You can not overcook, so continue cooking until you have a good thick consistency.
- Let mixture cool, then refrigerate in a covered container.

Nutrition Facts

PROTEIN 1.31% **FAT 0.78%** **CARBS 97.91%**

Properties

Glycemic Index:4.25, Glycemic Load:2.17, Inflammation Score:-2, Nutrition Score:2.5169565081596%

Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg 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 Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 93.57kcal (4.68%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 22.67g (8.24%), Sugar: 20.74g (23.04%), Cholesterol: 0mg (0%), Sodium: 5.97mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 15mg (18.18%), Manganese: 0.19mg (9.65%), Fiber: 1.35g (5.39%), Vitamin E: 0.39mg (2.63%), Potassium: 91.34mg (2.61%), Calcium: 24.95mg (2.49%), Copper: 0.04mg (1.78%), Folate: 6.84µg (1.71%), Vitamin B6: 0.03mg (1.68%), Iron: 0.28mg (1.54%), Vitamin B1: 0.02mg (1.51%), Vitamin B5: 0.15mg (1.51%), Magnesium: 6mg (1.5%), Vitamin K: 1.57µg (1.5%), Vitamin A: 61.73IU (1.23%)