



Persimmon Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



124 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 3.5 cups cranberries fresh
- ☐ 0.3 cup wine dry red
- ☐ 3 fuyu persimmon pulp peeled cut into 1/4-inch dice (1 lb total)
- ☐ 0.5 star anise
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons water

Equipment

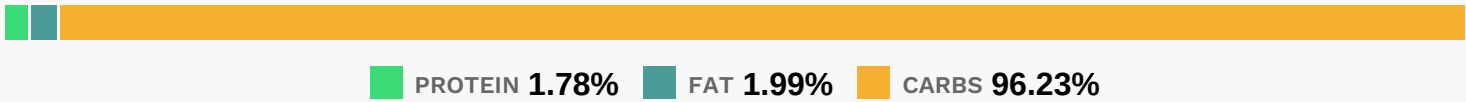
- ☐ bowl

☐ sauce pan

Directions

- ☐ Bring cranberries, wine, water, star anise, 1/2 cup sugar, and a pinch of salt to a boil in a 2-quart heavy saucepan, stirring occasionally, then reduce heat and simmer 5 minutes.
- ☐ Add more sugar, to taste (up to about 2 1/2 tablespoons), and discard star anise. Fold in persimmons.
- ☐ Transfer to a bowl and serve at room temperature or chilled. Stir gently before serving.
- ☐ Cranberry sauce, without persimmons, can be made 4 days ahead and chilled, covered. Fold in persimmons before serving.

Nutrition Facts



Properties

Glycemic Index:17.01, Glycemic Load:16.75, Inflammation Score:-2, Nutrition Score:3.6652174112589%

Flavonoids

Cyanidin: 16.25mg, Cyanidin: 16.25mg, Cyanidin: 16.25mg, Cyanidin: 16.25mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 2.94mg, Delphinidin: 2.94mg, Delphinidin: 2.94mg, Delphinidin: 2.94mg Malvidin: 1.73mg, Malvidin: 1.73mg, Malvidin: 1.73mg, Malvidin: 1.73mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 17.32mg, Peonidin: 17.32mg, Peonidin: 17.32mg, Peonidin: 17.32mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 123.76kcal (6.19%), Fat: 0.29g (0.44%), Saturated Fat: 0g (0.02%), Carbohydrates: 31.23g (10.41%), Net Carbohydrates: 29.96g (10.89%), Sugar: 11.47g (12.75%), Cholesterol: 0mg (0%), Sodium: 1.46mg (0.06%), Alcohol: 0.63g (100%), Alcohol %: 0.76% (100%), Protein: 0.58g (1.15%), Vitamin C: 38.17mg (46.27%), Iron: 1.36mg (7.58%), Manganese: 0.13mg (6.38%), Potassium: 185.16mg (5.29%), Fiber: 1.27g (5.07%), Vitamin E: 0.46mg (3.08%), Phosphorus: 17.17mg (1.72%), Calcium: 16.92mg (1.69%), Vitamin K: 1.75µg (1.67%), Copper: 0.02mg (1.06%), Vitamin B5: 0.1mg (1.04%), Vitamin B6: 0.02mg (1.01%)