



Pineapple Cranberry Sauce with Chiles and Cilantro



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



133 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 cups seasoning cubes fresh cored peeled
- ☐ 2 jalapeno thinly sliced
- ☐ 9 servings roasted cranberry sauce

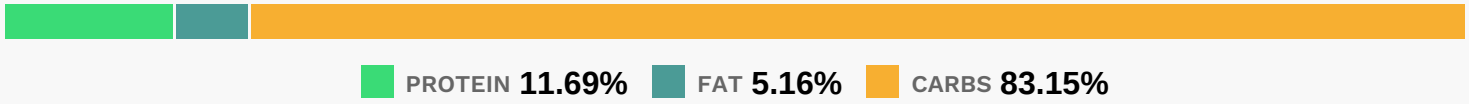
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine all ingredients for basic cranberry sauce in heavy medium saucepan.
- ☐
- Add pineapple and chiles. Cook, cool, and store mixture as directed for basic cranberry sauce. Stir in cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:7.11, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.2630434706807%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 132.58kcal (6.63%), Fat: 0.8g (1.22%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 27.96g (10.17%), Sugar: 22.73g (25.25%), Cholesterol: 10.18mg (3.39%), Sodium: 251.31mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.1%), Vitamin C: 4.41mg (5.35%), Vitamin E: 0.76mg (5.1%), Fiber: 0.86g (3.44%), Iron: 0.42mg (2.32%), Manganese: 0.05mg (2.27%), Vitamin K: 1.83µg (1.74%), Vitamin A: 68.94IU (1.38%), Vitamin B6: 0.02mg (1.15%)