



Port-Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

SAUCE

Ingredients

- 12 ounces cranberries fresh
- 0.5 cup orange juice fresh
- 3 inch orange zest cut into thin matchsticks
- 0.5 cup ruby port
- 0.8 cup sugar

Equipment

- bowl
- sauce pan

Directions

- In a medium saucepan, combine the port with the orange zest and orange juice and bring to a boil.
- Add the cranberries and sugar and simmer over moderately low heat until the sauce is jamlike, about 25 minutes.
- Transfer to a bowl and serve warm or at room temperature.
- Make Ahead: The cranberry sauce can be refrigerated for up to 2 weeks.

Nutrition Facts

PROTEIN 1.23% **FAT 1.18%** **CARBS 97.59%**

Properties

Glycemic Index:20.89, Glycemic Load:15.52, Inflammation Score:-3, Nutrition Score:2.5143478266571%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 3.85mg, Delphinidin: 3.85mg, Delphinidin: 3.85mg, Delphinidin: 3.85mg Malvidin: 14.41mg, Malvidin: 14.41mg, Malvidin: 14.41mg, Malvidin: 14.41mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 21.49mg, Peonidin: 21.49mg, Peonidin: 21.49mg, Peonidin: 21.49mg Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg, Quercetin: 6.64mg

Nutrients (% of daily need)

Calories: 123.65kcal (6.18%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 26.02g (9.46%), Sugar: 23g (25.55%), Cholesterol: 0mg (0%), Sodium: 2.57mg (0.11%), Alcohol: 2.3g (100%), Alcohol %: 3.14% (100%), Protein: 0.35g (0.7%), Vitamin C: 15mg (18.18%), Manganese: 0.17mg (8.69%), Fiber: 1.66g (6.65%), Vitamin E: 0.57mg (3.8%), Potassium: 81.21mg (2.32%), Vitamin K: 2.14µg (2.04%), Copper: 0.04mg (1.98%), Vitamin B5: 0.16mg (1.64%), Vitamin B6: 0.03mg (1.61%), Vitamin B1: 0.02mg (1.53%), Magnesium: 5.82mg (1.45%), Folate: 5.36µg (1.34%), Vitamin A: 60.52IU (1.21%), Vitamin B2: 0.02mg (1.19%), Iron: 0.18mg (1.01%)