



Port & cranberry sauce with juniper



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



96 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 150 ml port wine
- ☐ 100 g brown sugar soft
- ☐ 10 juniper berries finely chopped
- ☐ 300 g cranberries fresh

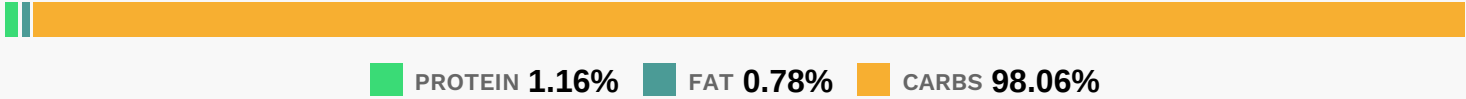
Equipment

- ☐ bowl
- ☐ frying pan

Directions

☐ Tip all the ingredients into a pan and bring to the boil, stirring every now and then. Simmer for 5 mins, until the berries soften but still look whole. Tip into a bowl and leave to cool it really is as simple as that.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:1.42, Inflammation Score:-2, Nutrition Score:1.6939130412496%

Flavonoids

Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg, Cyanidin: 17.41mg Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg, Petunidin: 1.26mg Delphinidin: 3.62mg, Delphinidin: 3.62mg, Delphinidin: 3.62mg, Delphinidin: 3.62mg Malvidin: 18.2mg, Malvidin: 18.2mg, Malvidin: 18.2mg, Malvidin: 18.2mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 19.18mg, Peonidin: 19.18mg, Peonidin: 19.18mg, Peonidin: 19.18mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 3.08mg, Epicatechin: 3.08mg, Epicatechin: 3.08mg, Epicatechin: 3.08mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 95.55kcal (4.78%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.02%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 18.06g (6.57%), Sugar: 15.21g (16.9%), Cholesterol: 0mg (0%), Sodium: 5.96mg (0.26%), Alcohol: 2.91g (100%), Alcohol %: 5.33% (100%), Protein: 0.23g (0.46%), Manganese: 0.17mg (8.28%), Vitamin C: 5.25mg (6.36%), Fiber: 1.35g (5.4%), Vitamin E: 0.5mg (3.3%), Potassium: 64.12mg (1.83%), Vitamin K: 1.88µg (1.79%), Copper: 0.04mg (1.77%), Calcium: 14.9mg (1.49%), Vitamin B5: 0.13mg (1.33%), Vitamin B6: 0.03mg (1.33%), Magnesium: 5.09mg (1.27%), Iron: 0.22mg (1.23%)