

Thanksgiving

Probably the Brown Family's Cranberry Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



16 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

SAUCE

Ingredients

- 2 apples peeled cut into 8 pieces
- 12 ounces cranberries fresh
- 0.3 cup evaporated cane juice
- 1 navel oranges organic scrubbed cut into 8 pieces
- 0.3 cup pecans chopped

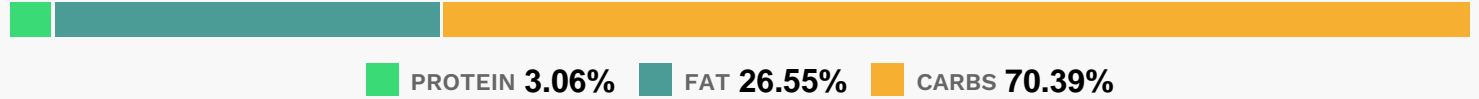
Equipment

- bowl

Directions

Pour into a bowl and process the other half of the fruit. Put it into a bowl, add the sugar to taste, and mix in the pecans. Refrigerate it for a day or two to allow the flavors to develop. Quick! If you start now, it'll be ready by Thanksgiving.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:3.29, Inflammation Score:-3, Nutrition Score:4.3226087015608%

Flavonoids

Cyanidin: 20.95mg, Cyanidin: 20.95mg, Cyanidin: 20.95mg, Cyanidin: 20.95mg Delphinidin: 3.59mg, Delphinidin: 3.59mg, Delphinidin: 3.59mg, Delphinidin: 3.59mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.91mg, Peonidin: 20.91mg, Peonidin: 20.91mg, Peonidin: 20.91mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 103.99kcal (5.2%), Fat: 3.43g (5.28%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 17.01g (6.19%), Sugar: 14.47g (16.07%), Cholesterol: 0mg (0%), Sodium: 1.48mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin C: 18.44mg (22.35%), Manganese: 0.38mg (18.92%), Fiber: 3.44g (13.78%), Vitamin E: 0.73mg (4.89%), Copper: 0.1mg (4.87%), Potassium: 132.44mg (3.78%), Vitamin B1: 0.05mg (3.65%), Vitamin B6: 0.07mg (3.31%), Vitamin K: 3.29µg (3.13%), Magnesium: 12.25mg (3.06%), Phosphorus: 26.29mg (2.63%), Vitamin B5: 0.24mg (2.38%), Folate: 8.74µg (2.18%), Vitamin B2: 0.04mg (2.07%), Vitamin A: 95.85IU (1.92%), Zinc: 0.28mg (1.84%), Calcium: 16.84mg (1.68%), Iron: 0.29mg (1.61%), Vitamin B3: 0.21mg (1.06%)