



Raspberry-Walnut Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



114 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 12 ounce cranberries fresh
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 cup port wine
- ☐ 1 cup raspberries fresh
- ☐ 1.3 cups sugar

- ☐ 0.5 cup walnuts toasted coarsely chopped
- ☐ 0.5 cup water

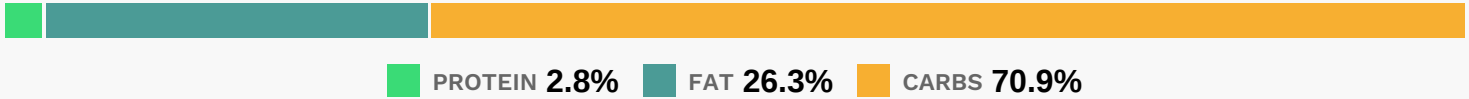
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion, and saut for 4 minutes.
- ☐ Add sugar and the next 4 ingredients (through cranberries); bring to a boil. Reduce heat, and simmer for 8 minutes or until cranberries pop.
- ☐ Remove from heat, and stir in orange rind.
- ☐ Add raspberries and walnuts to cranberry sauce.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.76, Glycemic Load:11.97, Inflammation Score:-2, Nutrition Score:2.4021739298883%

Flavonoids

Cyanidin: 13.4mg, Cyanidin: 13.4mg, Cyanidin: 13.4mg, Cyanidin: 13.4mg Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg Malvidin: 3.66mg, Malvidin: 3.66mg, Malvidin: 3.66mg, Malvidin: 3.66mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 10.61mg, Peonidin: 10.61mg, Peonidin: 10.61mg, Peonidin: 10.61mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg, Epicatechin: 1.48mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 113.83kcal (5.69%), Fat: 3.39g (5.22%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 18.96g (6.89%), Sugar: 17.43g (19.37%), Cholesterol: 0mg (0%), Sodium: 1.65mg (0.07%), Alcohol: 0.57g (100%), Alcohol %: 1.11% (100%), Protein: 0.81g (1.63%), Manganese: 0.27mg (13.68%), Vitamin C: 5.7mg (6.91%), Fiber: 1.61g (6.46%), Copper: 0.08mg (4.15%), Vitamin E: 0.53mg (3.51%), Magnesium: 9.74mg (2.43%), Vitamin K: 2.39µg (2.28%), Vitamin B6: 0.04mg (2.13%), Phosphorus: 19.06mg (1.91%), Potassium: 56.46mg (1.61%), Folate: 6.4µg (1.6%), Vitamin B1: 0.02mg (1.38%), Iron: 0.24mg (1.35%), Zinc: 0.18mg (1.19%), Vitamin B5: 0.12mg (1.17%), Vitamin B2: 0.02mg (1.05%)