



Raw Cranberry Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 12 ounce cranberries
- ☐ 1 cup golden raisins dark
- ☐ 2 navel oranges dry washed and patted
- ☐ 1 tablespoon orange liqueur

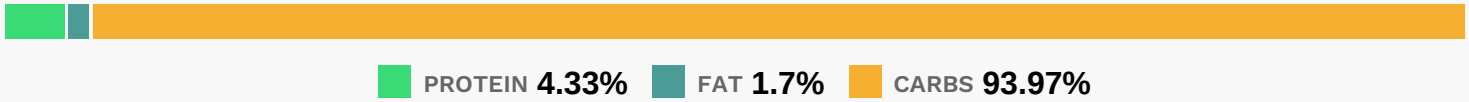
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Peel one orange, discarding the peel. Leave the other orange unpeeled.
- ☐ Cut both oranges into wedges.
- ☐ Place the oranges and raisins in a food processor. Pulse until roughly chopped.
- ☐ Add the cranberries and pulse until finely chopped but not pureed.
- ☐ Transfer the relish to a serving bowl. Stir in the liqueur. Cover and refrigerate for at least 30 minutes and up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:12.71, Glycemic Load:9.36, Inflammation Score:-4, Nutrition Score:4.7278261728909%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg 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: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 97.22kcal (4.86%), Fat: 0.2g (0.3%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 21.48g (7.81%), Sugar: 16.12g (17.91%), Cholesterol: 0mg (0%), Sodium: 3.53mg (0.15%), Alcohol: 0.49g (100%), Alcohol %: 0.63% (100%), Protein: 1.13g (2.26%), Vitamin C: 27.22mg (32.99%), Fiber: 3.03g (12.1%), Manganese: 0.22mg (10.97%), Potassium: 227.89mg (6.51%), Vitamin B6: 0.11mg (5.52%), Copper: 0.1mg (5.2%), Vitamin E: 0.64mg (4.24%), Vitamin B2: 0.06mg (3.6%), Phosphorus: 33.68mg (3.37%), Folate: 12.87µg (3.22%), Magnesium: 12.8mg (3.2%), Calcium: 28.08mg (2.81%), Vitamin K: 2.76µg (2.63%), Iron: 0.47mg (2.6%), Vitamin B5:

0.24mg (2.42%), Vitamin A: 111.96IU (2.24%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.4mg (2.01%)