



Red Devil Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup agave syrup
- ☐ 1 blood oranges
- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon serrano chile pepper minced
- ☐ 1 tablespoon chipotle chile pepper in adobo sauce minced
- ☐ 12 ounce cranberries fresh
- ☐ 1 teaspoon ground cinnamon
- ☐ 8 servings kosher salt

- ☐ 1 cup orange juice fresh
- ☐ 0.3 cup shallots minced

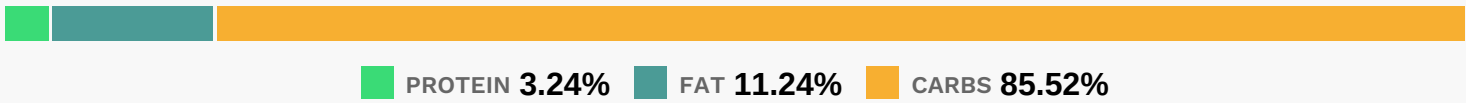
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Heat the canola oil in a large saucepan over medium-high heat.
- ☐ Add the shallot and serrano pepper and cook until softened, 3 to 4 minutes.
- ☐ Add the orange juice and agave syrup, bring to a simmer and add the cranberries. Cook at a low boil until the cranberries have all popped and are just starting to reduce, 6 to 7 minutes.
- ☐ Meanwhile, cut off the top and bottom of the blood orange. Working over a bowl, peel the orange with a sharp knife, then slice between the membranes, letting the segments fall into the bowl. Stir the orange segments and any juice, the chipotle and adobo sauce, cinnamon and 1/2 teaspoon salt into the cranberries.
- ☐ Reduce the heat to medium low and simmer, stirring occasionally, until the sauce is thick, about 20 minutes.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:23.69, Glycemic Load:5.19, Inflammation Score:-3, Nutrition Score:4.2786956429482%

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 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 Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4.15mg, Hesperetin: 4.15mg, Hesperetin: 4.15mg, Hesperetin: 4.15mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 97.84kcal (4.89%), Fat: 1.27g (1.96%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 19.21g (6.99%), Sugar: 15.28g (16.98%), Cholesterol: 0mg (0%), Sodium: 198.03mg (8.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin C: 25.37mg (30.75%), Manganese: 0.22mg (11.24%), Fiber: 2.57g (10.26%), Vitamin E: 0.9mg (5.98%), Vitamin K: 6.13µg (5.84%), Vitamin B6: 0.1mg (4.85%), Folate: 16.92µg (4.23%), Vitamin B1: 0.06mg (3.72%), Potassium: 126.08mg (3.6%), Vitamin B2: 0.04mg (2.53%), Copper: 0.05mg (2.36%), Vitamin B5: 0.21mg (2.11%), Magnesium: 8.02mg (2.01%), Vitamin A: 94.55IU (1.89%), Iron: 0.29mg (1.6%), Phosphorus: 15.01mg (1.5%), Vitamin B3: 0.29mg (1.44%), Calcium: 12.99mg (1.3%)