



Roasted Grapes and Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

Ingredients



1 cup cranberries fresh



1 teaspoon rosemary fresh chopped



1 lb to 8 grape clusters red seedless



1 tablespoon olive oil

Equipment



bowl



frying pan

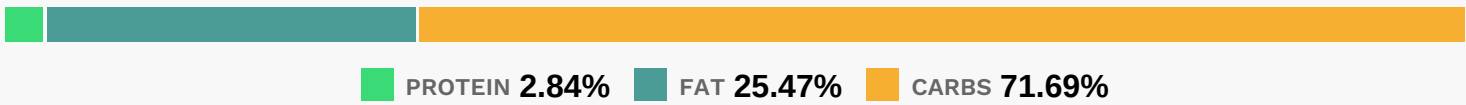


oven

Directions

- ☐ Preheat oven to 40
- ☐ Place grape clusters on a 15- x 10-inch jelly-roll pan. Stir together cranberries, olive oil, and rosemary in a small bowl. Spoon mixture over grape clusters.
- ☐ Bake at 400 for 15 to 18 minutes or until grapes begin to blister and cranberries start to pop, shaking pan occasionally.
- ☐ Serve immediately, or let stand up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:6.61, Inflammation Score:-1, Nutrition Score:2.790434802356%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 80.48kcal (4.02%), Fat: 2.48g (3.81%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 14.4g (5.24%), Sugar: 12.43g (13.81%), Cholesterol: 0mg (0%), Sodium: 1.9mg (0.08%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin K: 13.28µg (12.64%), Vitamin C: 4.76mg (5.77%), Manganese: 0.11mg (5.69%), Copper: 0.11mg (5.27%), Fiber: 1.28g (5.13%), Vitamin E: 0.7mg (4.66%), Potassium: 157.86mg (4.51%), Vitamin B6: 0.07mg (3.73%), Vitamin B1: 0.05mg (3.61%), Vitamin B2: 0.06mg (3.31%), Iron: 0.32mg (1.8%), Phosphorus: 16.96mg (1.7%), Magnesium: 6.31mg (1.58%), Vitamin A: 60.38IU (1.21%)