



## Simple Cranberry-Citrus Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

### Ingredients

- 1 cinnamon sticks
- 10 ounce cranberries fresh
- 0.3 cup orange juice fresh ()
- 1 orange rind strip
- 0.8 cup sugar to taste
- 1 cup water

### Equipment

- bowl

- sauce pan
- slotted spoon

## Directions

- Combine all ingredients in a medium saucepan. Bring to a boil, turn heat to low and simmer for 20 minutes, until cranberries pop and mixture thickens.
- Remove the cloves and the cinnamon stick with a slotted spoon, transfer to a bowl; refrigerate until ready to use.

## Nutrition Facts

**PROTEIN 1.03%** **FAT 1.17%** **CARBS 97.8%**

## Properties

Glycemic Index:17.21, Glycemic Load:11.88, Inflammation Score:-1, Nutrition Score:1.7013043469709%

## Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

## Nutrients (% of daily need)

Calories: 75.61kcal (3.78%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 18.22g (6.63%), Sugar: 16.71g (18.57%), Cholesterol: 0mg (0%), Sodium: 2.03mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin C: 8.71mg (10.56%), Manganese: 0.16mg (8.23%), Fiber: 1.35g (5.38%), Vitamin E: 0.39mg (2.59%), Vitamin K: 1.53µg (1.46%), Copper: 0.03mg (1.29%), Potassium: 39.43mg (1.13%), Vitamin B6: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.03%)