



Simple Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



205 min.

SERVINGS



16

CALORIES



108 kcal

SIDE DISH

SAUCE

Ingredients



4 cups cranberries fresh



2 cups water



2 cups sugar

Equipment



bowl

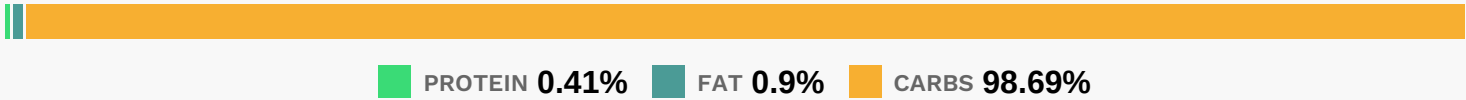


sauce pan

Directions

- ☐ Rinse cranberries with cool water, and remove any stems or blemished berries.
- ☐ Heat water and sugar to boiling in 3-quart saucepan over medium heat, stirring occasionally. Continue boiling 5 minutes longer, stirring occasionally.
- ☐ Stir in cranberries.
- ☐ Heat to boiling over medium heat, stirring occasionally. Continue boiling about 5 minutes longer, stirring occasionally, until cranberries begin to pop.
- ☐ Pour sauce into bowl or container. Refrigerate about 3 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:18.4, Inflammation Score:-1, Nutrition Score:0.95521738655541%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 107.75kcal (5.39%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.01%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 27g (9.82%), Sugar: 26.02g (28.91%), Cholesterol: 0mg (0%), Sodium: 2.23mg (0.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.12g (0.23%), Manganese: 0.09mg (4.55%), Vitamin C: 3.5mg (4.24%), Fiber: 0.9g (3.6%), Vitamin E: 0.33mg (2.2%), Vitamin K: 1.25µg (1.19%), Copper: 0.02mg (1.02%)