



Slow-Cooker Apple Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

SAUCE

Ingredients

- ☐ 4 medium apples peeled chopped
- ☐ 12 oz cranberries fresh (3 cups)
- ☐ 0.5 cup brown sugar packed
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup orange juice

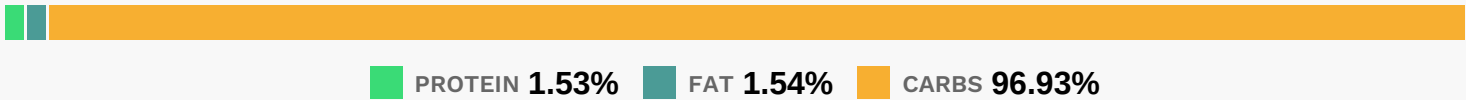
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 3-quart slow cooker with cooking spray. In slow cooker, mix all ingredients.
- ☐ Cover; cook on High heat setting 5 hours (or on Low heat setting 8 hours).
- ☐ Leave sauce chunky, if desired, or stir well to break down apples and cranberries more.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:5.34, Inflammation Score:-3, Nutrition Score:3.5260869316433%

Flavonoids

Cyanidin: 21.17mg, Cyanidin: 21.17mg, Cyanidin: 21.17mg, Cyanidin: 21.17mg 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: 20.92mg, Peonidin: 20.92mg, Peonidin: 20.92mg, Peonidin: 20.92mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 8.71mg, Epicatechin: 8.71mg, Epicatechin: 8.71mg, Epicatechin: 8.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg, Quercetin: 9.98mg

Nutrients (% of daily need)

Calories: 122.86kcal (6.14%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 28.26g (10.28%), Sugar: 25.27g (28.08%), Cholesterol: 0mg (0%), Sodium: 5.7mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin C: 14.35mg (17.4%), Fiber: 3.76g (15.03%), Manganese: 0.19mg (9.74%), Vitamin E: 0.73mg (4.86%), Potassium: 165.71mg (4.73%), Vitamin K: 4.14µg (3.94%), Vitamin B6: 0.07mg (3.54%), Copper: 0.06mg (2.92%), Magnesium: 9.25mg (2.31%), Vitamin B5: 0.22mg (2.15%), Calcium: 21.53mg (2.15%), Vitamin B2: 0.03mg (2.04%), Vitamin B1: 0.03mg (1.86%), Vitamin A: 91.2IU (1.82%), Iron: 0.32mg (1.79%), Phosphorus: 16.61mg (1.66%), Folate: 5.69µg (1.42%)