



Smoky Cranberry-Apple Sauce

 Vegetarian  Gluten Free

READY IN



1503 min.

SERVINGS



25

CALORIES



68 kcal

SAUCE

Ingredients

- ☐ 0.8 cup apple juice
- ☐ 0.5 cup smoky barbecue sauce
- ☐ 2 tablespoons butter
- ☐ 12 oz cranberries fresh
- ☐ 2 granny smith apples peeled coarsely chopped
- ☐ 25 servings garnish: parsley sprigs fresh
- ☐ 0.3 cup onion red minced
- ☐ 1 cup sugar

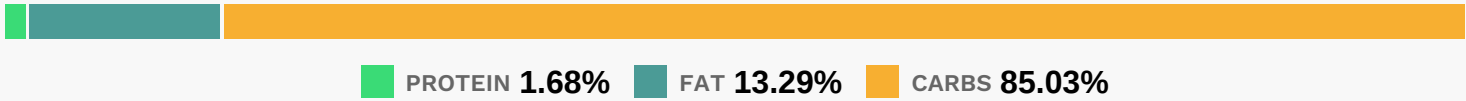
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together cranberries and next 4 ingredients in a medium saucepan. Bring to a boil over medium-high heat; reduce heat to low, and simmer, stirring occasionally, 10 minutes or until cranberry skins begin to split and pop and mixture begins to thicken.
- ☐ Stir apples and barbecue sauce into cranberry mixture, and simmer 5 minutes or just until apples are tender.
- ☐ Let cool 30 minutes. Cover and chill 24 hours before serving. Store in refrigerator up to 3 days.
- ☐ Let stand 30 minutes before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.87, Glycemic Load:7.04, Inflammation Score:-4, Nutrition Score:4.6378261348961%

Flavonoids

Cyanidin: 6.55mg, Cyanidin: 6.55mg, Cyanidin: 6.55mg, Cyanidin: 6.55mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.69mg, Peonidin: 6.69mg, Peonidin: 6.69mg, Peonidin: 6.69mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 68kcal (3.4%), Fat: 1.06g (1.62%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 15.19g (5.06%), Net Carbohydrates: 14.12g (5.14%), Sugar: 12.8g (14.22%), Cholesterol: 2.41mg (0.8%), Sodium: 69.22mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin K: 66.79µg (63.61%), Vitamin C: 8.11mg (9.84%), Vitamin A: 393.9IU (7.88%), Fiber: 1.06g (4.26%), Manganese: 0.08mg (3.78%), Vitamin E: 0.31mg (2.06%), Potassium: 72.18mg (2.06%), Iron: 0.35mg (1.94%), Folate: 7.1µg (1.78%), Vitamin B6: 0.02mg (1.25%), Magnesium: 4.84mg (1.21%), Copper: 0.02mg (1.19%), Calcium: 10.68mg (1.07%), Vitamin B2: 0.02mg (1.01%)