



## South-of-the-Border Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



116 kcal

SIDE DISH

SAUCE

## Ingredients

- ☐ 1 chipotle chile canned minced
- ☐ 1 tablespoon canola oil
- ☐ 12 ounce cranberries fresh
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 teaspoon lime rind grated
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons orange rind grated

- ☐ 0.3 cup port wine
- ☐ 1.3 cups sugar
- ☐ 0.5 cup water

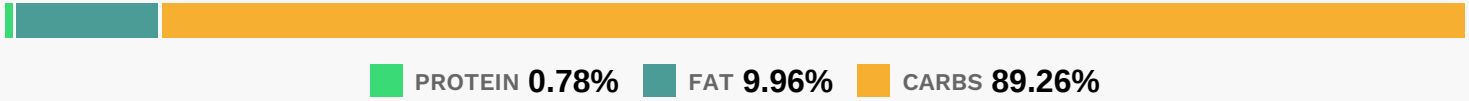
## Equipment

- ☐ sauce pan

## Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion, and saut for 4 minutes.
- ☐ Add sugar and the next 4 ingredients (through cranberries); bring to a boil. Reduce heat, and simmer for 8 minutes or until cranberries pop.
- ☐ Remove from heat, and stir in cilantro, orange rind, lime rind, and chile.
- ☐ Serve chilled or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:17.17, Glycemic Load:15.76, Inflammation Score:-2, Nutrition Score:1.5069565410199%

## Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 2.37mg, Delphinidin: 2.37mg, Delphinidin: 2.37mg, Delphinidin: 2.37mg Malvidin: 4.87mg, Malvidin: 4.87mg, Malvidin: 4.87mg, Malvidin: 4.87mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 14.13mg, Peonidin: 14.13mg, Peonidin: 14.13mg, Peonidin: 14.13mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

5.71mg

Nutrients (% of daily need)

Calories: 115.6kcal (5.78%), Fat: 1.28g (1.97%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 24.49g (8.91%), Sugar: 22.76g (25.29%), Cholesterol: 0mg (0%), Sodium: 2.07mg (0.09%), Alcohol: 0.76g (100%), Alcohol %: 1.31% (100%), Protein: 0.23g (0.45%), Manganese: 0.13mg (6.59%), Vitamin C: 4.99mg (6.05%), Fiber: 1.31g (5.23%), Vitamin E: 0.58mg (3.89%), Vitamin K: 2.59µg (2.46%), Vitamin B6: 0.03mg (1.26%), Copper: 0.02mg (1.23%), Potassium: 39.38mg (1.13%)