



## Spiced-Tea Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



299 kcal

SIDE DISH

SAUCE

### Ingredients

- 4 cardamom pods whole
- 3 cinnamon sticks
- 2.5 bags cranberries fresh whole
- 2.3 cups sugar
- 5 earl grey tea bags
- 3 star anise whole

### Equipment

- pot

slotted spoon

## Directions

- In a 4-quart pot over high heat, combine 1 3/4 cups water; 2 1/4 cups sugar; 4 whole cardamom pods; 3 whole star anise; and 3 cinnamon sticks. Cover and bring to a boil, then reduce heat to medium-low and simmer 10 minutes.
- Add 5 Earl Grey tea bags, and simmer exactly 2 minutes.
- Remove tea bags and spices with a slotted spoon and add 8 cups whole cranberries (about 2 1/2 bags, fresh or frozen). Increase heat to medium-high and simmer, stirring often, until cranberries soften and split their skins and sauce thickens, about 12 minutes.
- Remove from heat and let cool to room temperature before serving (the sauce will thicken further as it cools). Or cover and refrigerate up to 4 days.

## Nutrition Facts

 **PROTEIN 0.39%**  **FAT 1.23%**  **CARBS 98.38%**

## Properties

Glycemic Index:21.68, Glycemic Load:52.43, Inflammation Score:1, Nutrition Score:2.4247826128874%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 299.1kcal (14.96%), Fat: 0.43g (0.66%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 77.33g (25.78%), Net Carbohydrates: 75.94g (27.61%), Sugar: 74.91g (83.23%), Cholesterol: 0mg (0%), Sodium: 1.28mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Manganese: 0.7mg (34.84%), Fiber: 1.39g (5.56%), Iron: 0.56mg (3.08%), Calcium: 26.66mg (2.67%), Magnesium: 5mg (1.25%), Vitamin B2: 0.02mg (1.12%), Zinc: 0.17mg (1.11%), Copper: 0.02mg (1.06%)