



Spicy Cranberry Sauce with Pinot Noir



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

SAUCE

Ingredients



1 pinch of five-spice powder chinese



8 ounces cranberries fresh



3 tablespoons crystallized ginger chopped



0.5 teaspoon curry powder



1 tablespoon ginger fresh minced



2 cups pinot noir chocolate brownies dry red



1 cup sugar



1 tablespoon vegetable oil

Equipment

☐ sauce pan

Directions

- ☐ Heat oil in large saucepan over medium-high heat.
- ☐ Add cranberries and fresh ginger; stir until cranberries begin to burst, 3-5 minutes. 2
- ☐ Add wine and sugar; boil until mixture is reduced to 2 1/2 cups, about 15 minutes. 3
- ☐ Add crystallized ginger, curry powder and five-spice powder.
- ☐ Serve sauce cold or warm.

Nutrition Facts



Properties

Glycemic Index:14.01, Glycemic Load:14.84, Inflammation Score:-2, Nutrition Score:1.0978261021816%

Flavonoids

Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 3.75mg, Delphinidin: 3.75mg, Delphinidin: 3.75mg, Delphinidin: 3.75mg Malvidin: 12.69mg, Malvidin: 12.69mg, Malvidin: 12.69mg, Malvidin: 12.69mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 12.04mg, Peonidin: 12.04mg, Peonidin: 12.04mg, Peonidin: 12.04mg Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 6.11mg, Epicatechin: 6.11mg, Epicatechin: 6.11mg, Epicatechin: 6.11mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg, Myricetin: 1.64mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 150.15kcal (7.51%), Fat: 1.49g (2.29%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 25.61g (9.31%), Sugar: 23.22g (25.8%), Cholesterol: 0mg (0%), Sodium: 1.27mg (0.06%), Alcohol: 5.04g (100%), Alcohol %: 6.66% (100%), Protein: 0.18g (0.36%), Manganese: 0.09mg (4.53%), Vitamin C: 3.24mg

(3.93%), Vitamin K: 3.74µg (3.56%), Fiber: 0.88g (3.51%), Vitamin E: 0.43mg (2.9%)