



Spirited Cranberry-Apricot Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



48 kcal

SAUCE

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 3 ounces apricots dried thinly sliced
- ☐ 0.3 cup honey
- ☐ 0.3 cup orange juice
- ☐ 0.7 cup sugar
- ☐ 0.8 cup water

Equipment

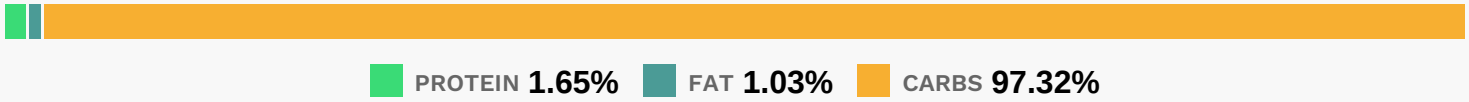
- ☐ bowl

sauce pan

Directions

- Combine apricots and sherry in a small bowl; cover and let stand 8 hours.
- Combine water and sugar in a medium saucepan; bring to a boil.
- Add apricot mixture, honey, and cranberries. Cook over medium heat 8 minutes or until slightly thick. Spoon mixture into a bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:6.72, Inflammation Score:-2, Nutrition Score:1.0878260848315%

Flavonoids

Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg, Cyanidin: 6.58mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 48.35kcal (2.42%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.01%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 11.85g (4.31%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 1.23mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 3.33mg (4.04%), Manganese: 0.06mg (3.14%), Fiber: 0.78g (3.12%), Vitamin A: 141.39IU (2.83%), Vitamin E: 0.34mg (2.28%), Potassium: 59.56mg (1.7%), Copper: 0.02mg (1.2%)