

Sugared Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



9

CALORIES



246 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cranberries fresh
- ☐ 2 cups granulated sugar
- ☐ 0.8 cup caster sugar
- ☐ 2 cups water

Equipment

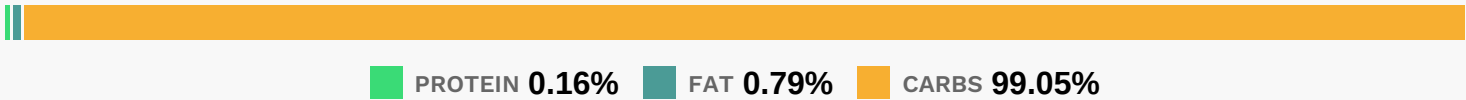
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

☐ colander

Directions

- ☐ Combine granulated sugar and water in a small saucepan over low heat, stirring mixture until sugar dissolves. Bring to a simmer; remove from heat. (Do not boil or the cranberries may pop when added.) Stir in cranberries; pour mixture into a bowl. Cover and refrigerate 8 hours or overnight.
- ☐ Drain cranberries in a colander over a bowl, reserving steeping liquid, if desired.
- ☐ Place superfine sugar in a shallow dish.
- ☐ Add the cranberries, rolling to coat with sugar.
- ☐ Spread sugared cranberries in a single layer on a baking sheet; let stand at room temperature 1 hour or until dry.
- ☐ Note: The steeping liquid clings to the berries and helps the sugar adhere. Store in an airtight container in a cool place for up to a week.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:43.5, Inflammation Score:-1, Nutrition Score:0.91652173629921%

Flavonoids

Cyanidin: 10.32mg, Cyanidin: 10.32mg, Cyanidin: 10.32mg, Cyanidin: 10.32mg Delphinidin: 1.7mg, Delphinidin: 1.7mg, Delphinidin: 1.7mg, Delphinidin: 1.7mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.92mg, Peonidin: 10.92mg, Peonidin: 10.92mg, Peonidin: 10.92mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 245.5kcal (12.27%), Fat: 0.22g (0.35%), Saturated Fat: 0g (0.01%), Carbohydrates: 63.53g (21.18%), Net Carbohydrates: 62.73g (22.81%), Sugar: 61.94g (68.82%), Cholesterol: 0mg (0%), Sodium: 3.68mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Manganese: 0.08mg (4.12%), Vitamin C: 3.11mg (3.77%), Fiber: 0.8g (3.2%), Vitamin E: 0.29mg (1.96%), Copper: 0.03mg (1.26%), Vitamin K: 1.11µg (1.06%)