



Sugared Cranberries and Sage Leaves

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



240 min.

SERVINGS



8

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 sage
- 1.8 ounces cranberries
- 0.3 cup water
- 0.8 cup sugar divided

Equipment

- bowl
- sauce pan
- baking pan

Directions

- Bring water and 1/2 cup sugar to a boil in a small heavy saucepan, stirring until sugar has dissolved, then simmer, uncovered, 2 minutes.
- Remove from heat.
- Put remaining 1/4 cup sugar in a small bowl.
- Lightly brush cranberries and both sides of sage leaves with sugar syrup, then immediately roll in sugar.
- Transfer to a lightly oiled rack and dry at room temperature, 2 to 3 hours.
- Sugared cranberries and sage leaves keep, chilled in 1 layer in a baking pan, uncovered, 3 days.

Nutrition Facts

PROTEIN 0.15% FAT 0.8% CARBS 99.05%

Properties

Glycemic Index:14.39, Glycemic Load:13.32, Inflammation Score:-1, Nutrition Score:0.53521738112297%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.05mg, Peonidin: 3.05mg, Peonidin: 3.05mg, Peonidin: 3.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 75.1kcal (3.75%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.01%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 19.2g (6.98%), Sugar: 18.98g (21.09%), Cholesterol: 0mg (0%), Sodium: 0.68mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.06%), Copper: 0.13mg (6.45%), Manganese: 0.03mg (1.36%), Vitamin C: 0.87mg (1.05%)