



Superb Cranberry Sauce with Apples and Pears

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



540 min.

SERVINGS



8

CALORIES



563 kcal

SIDE DISH

SAUCE

Ingredients

- 4 bosc pears diced cored peeled
- 1 cup brown sugar
- 5 sticks cinnamon (3 inch)
- 6 cups cranberries fresh
- 4 gala apples diced cored peeled
- 2.3 cups orange juice
- 3 cups sugar white

8 allspice whole

Equipment

bowl

sauce pan

cheesecloth

kitchen twine

Directions

Place the cinnamon sticks, allspice berries, and cloves onto the center of a 8 inch square piece of cheesecloth. Gather together the edges of the cheesecloth, and tie with kitchen twine to secure.

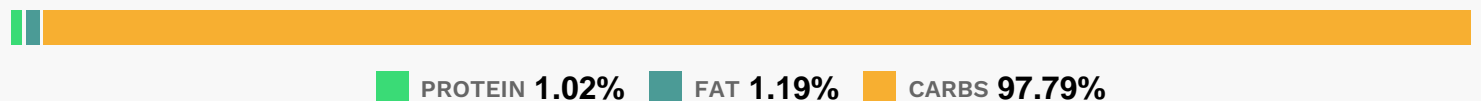
Place the sachet into a large saucepan along with the cranberries and orange juice. Bring to a boil over high heat, and cook until the berries begin to burst, about 10 minutes.

Stir in the apples, pears, white sugar, and brown sugar. Return to a boil, then reduce heat to medium-low, and simmer about 25 minutes until the apples and pears are slightly soft.

Remove and discard the spice sachet. Scrape the sauce into a bowl, cover, and refrigerate overnight.

Serve cold.

Nutrition Facts



Properties

Glycemic Index:31.98, Glycemic Load:66.21, Inflammation Score:-6, Nutrition Score:10.809130497601%

Flavonoids

Cyanidin: 38.08mg, Cyanidin: 38.08mg, Cyanidin: 38.08mg, Cyanidin: 38.08mg Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 36.89mg, Peonidin: 36.89mg, Peonidin: 36.89mg, Peonidin: 36.89mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg, Epigallocatechin: 1.32mg Epicatechin: 13.48mg, Epicatechin: 13.48mg, Epicatechin: 13.48mg, Epicatechin: 13.48mg

Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg, Epigallocatechin 3-gallate: 1.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 8.34mg, Hesperetin: 8.34mg, Hesperetin: 8.34mg, Hesperetin: 8.34mg Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg, Naringenin: 1.49mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 5.01mg, Myricetin: 5.01mg, Myricetin: 5.01mg, Myricetin: 5.01mg Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg, Quercetin: 15.7mg

Nutrients (% of daily need)

Calories: 562.85kcal (28.14%), Fat: 0.79g (1.22%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 145.85g (48.62%), Net Carbohydrates: 136.89g (49.78%), Sugar: 128.78g (143.08%), Cholesterol: 0mg (0%), Sodium: 12.74mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin C: 53.51mg (64.86%), Manganese: 0.76mg (38%), Fiber: 8.97g (35.86%), Potassium: 448.66mg (12.82%), Vitamin K: 10.42µg (9.92%), Copper: 0.2mg (9.82%), Vitamin E: 1.34mg (8.93%), Folate: 31.08µg (7.77%), Vitamin B6: 0.15mg (7.44%), Calcium: 73.3mg (7.33%), Magnesium: 26.88mg (6.72%), Vitamin B1: 0.1mg (6.57%), Vitamin B2: 0.1mg (5.76%), Iron: 1mg (5.57%), Vitamin A: 262.88IU (5.26%), Vitamin B5: 0.5mg (4.97%), Phosphorus: 43.41mg (4.34%), Vitamin B3: 0.64mg (3.22%), Zinc: 0.28mg (1.9%), Selenium: 1.08µg (1.55%)