



Tangy Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



7

CALORIES



192 kcal

SIDE DISH

SAUCE

Ingredients



4 cups cranberries fresh



1 tablespoon horseradish prepared



2 cups water



1.5 cups sugar white

Equipment

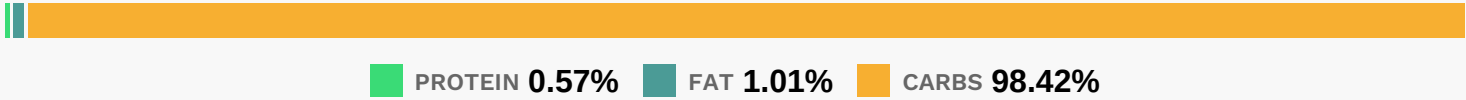


sauce pan

Directions

- ☐ Place cranberries and water in a medium saucepan. Over high heat, cook until the cranberries burst.
- ☐ Lower heat to simmer. Stir in sugar. Continue cooking 15 minutes.
- ☐ Allow mixture to cool. Stir in horseradish. Chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:21.44, Glycemic Load:32.14, Inflammation Score:-2, Nutrition Score:2.2678261166034%

Flavonoids

Cyanidin: 26.53mg, Cyanidin: 26.53mg, Cyanidin: 26.53mg, Cyanidin: 26.53mg Delphinidin: 4.38mg, Delphinidin: 4.38mg, Delphinidin: 4.38mg, Delphinidin: 4.38mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 28.09mg, Peonidin: 28.09mg, Peonidin: 28.09mg, Peonidin: 28.09mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg, Epigallocatechin 3–gallate: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.79mg, Myricetin: 3.79mg, Myricetin: 3.79mg, Myricetin: 3.79mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 192.31kcal (9.62%), Fat: 0.23g (0.35%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 49.78g (16.59%), Net Carbohydrates: 47.66g (17.33%), Sugar: 45.38g (50.43%), Cholesterol: 0mg (0%), Sodium: 13.95mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Manganese: 0.21mg (10.51%), Vitamin C: 8.53mg (10.34%), Fiber: 2.13g (8.51%), Vitamin E: 0.75mg (5.03%), Vitamin K: 2.88µg (2.75%), Copper: 0.05mg (2.35%), Vitamin B5: 0.17mg (1.71%), Vitamin B6: 0.03mg (1.71%), Potassium: 51.84mg (1.48%), Vitamin B2: 0.02mg (1.18%), Magnesium: 4.68mg (1.17%)