



Tart Cranberry Dipping Sauce

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



12

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound cranberries frozen
- 3 cups ginger ale
- 0.5 teaspoon kosher salt
- 2 tablespoons brown sugar light
- 2 tablespoons maple syrup
- 2 cups orange juice
- 1 orange zest

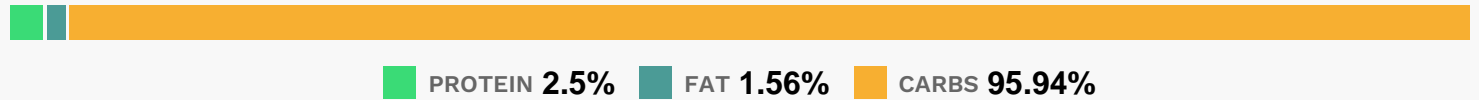
Equipment

- sauce pan
- blender
- ramekin

Directions

- Watch how to make this recipe.
- Combine all ingredients in a non-reactive saucepan (stainless steel), and bring to a boil. Reduce heat and simmer, stirring occasionally, for 30 to 45 minutes or until liquid is reduced by half.
- Carefully puree with stick blender or blender until smooth. Check for seasoning and serve in small ramekins.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:7.7, Inflammation Score:-3, Nutrition Score:3.7847826429035%

Flavonoids

Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.53mg, Myricetin: 2.53mg, Myricetin: 2.53mg, Myricetin: 2.53mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 73.62kcal (3.68%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 16.91g (6.15%), Sugar: 14.27g (15.86%), Cholesterol: 0mg (0%), Sodium: 103.08mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin C: 27.32mg (33.11%), Manganese: 0.23mg

(11.39%), Fiber: 1.55g (6.2%), Vitamin B2: 0.06mg (3.72%), Potassium: 125.8mg (3.59%), Vitamin E: 0.52mg (3.45%), Folate: 13.1µg (3.27%), Vitamin B1: 0.05mg (3.01%), Copper: 0.05mg (2.6%), Vitamin A: 109.55IU (2.19%), Magnesium: 8.51mg (2.13%), Vitamin B6: 0.04mg (2.03%), Vitamin B5: 0.2mg (1.98%), Vitamin K: 1.93µg (1.84%), Iron: 0.3mg (1.68%), Calcium: 16.3mg (1.63%), Phosphorus: 11.47mg (1.15%), Vitamin B3: 0.22mg (1.09%)