



## Tart Cranberry-Onion Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



3

CALORIES



439 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 12 oz unthawed cranberries fresh frozen
- ☐ 12 oz red-currant jelly
- ☐ 2 tablespoons sugar to taste ()
- ☐ 0.8 lb onion sweet chopped (2 cups)

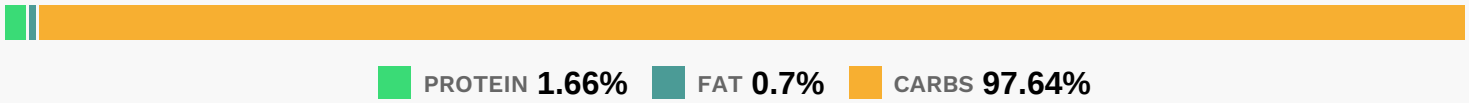
### Equipment

- ☐ bowl
- ☐ sauce pan

# Directions

- ☐ Stir together all ingredients in a 2- to 3-quart heavy saucepan, then bring to a boil, covered.
- ☐ Remove lid and reduce heat, then simmer until cranberries have burst, about 5 minutes.
- ☐ Transfer to a bowl and cool, uncovered. Chill, covered, at least 8 hours for flavors to meld.
- ☐ Serve at room temperature.
- ☐ Relish can be chilled up to 1 week.

# Nutrition Facts



# Properties

Glycemic Index:70.03, Glycemic Load:52.23, Inflammation Score:-7, Nutrition Score:8.8752172459727%

# Flavonoids

Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg, Cyanidin: 52.65mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg, Epigallocatechin 3-gallate: 1.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 8.81mg, Myricetin: 8.81mg, Myricetin: 8.81mg, Myricetin: 8.81mg Quercetin: 33.29mg, Quercetin: 33.29mg, Quercetin: 33.29mg, Quercetin: 33.29mg

# Nutrients (% of daily need)

Calories: 438.68kcal (21.93%), Fat: 0.34g (0.53%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 108.45g (36.15%), Net Carbohydrates: 102.1g (37.13%), Sugar: 73.6g (81.77%), Cholesterol: 0mg (0%), Sodium: 48.7mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 31.3mg (37.94%), Manganese: 0.59mg (29.48%), Fiber: 6.35g (25.4%), Copper: 0.24mg (12.13%), Vitamin B6: 0.23mg (11.74%), Vitamin E: 1.66mg (11.04%), Folate: 39.69µg (9.92%), Potassium: 327.68mg (9.36%), Vitamin B2: 0.13mg (7.83%), Phosphorus: 66.23mg (6.62%), Iron: 1.16mg (6.42%), Vitamin K: 6.01µg (5.72%), Magnesium: 22.54mg (5.64%), Calcium: 55.91mg (5.59%), Vitamin B1: 0.08mg (5.22%), Vitamin B5: 0.47mg (4.68%), Selenium: 3.02µg (4.31%), Zinc: 0.33mg (2.18%), Vitamin B3: 0.31mg (1.53%), Vitamin A: 69.17IU (1.38%)