



Ultimate Cranberry Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

SAUCE

Ingredients

- 4 cups cranberries
- 0.5 teaspoon ginger fresh grated
- 1 large orange zest juiced
- 0.5 cup pecans toasted
- 1.5 cups sugar white

Equipment

- pot

Directions

- Combine the sugar, orange zest and juice, and ginger in a pot over medium heat; cook and stir until the sugar is completely dissolved, about 5 minutes.
- Add the cranberries to the orange juice mixture; cook until the cranberries pop, about 5 minutes. Stir the pecans through the cranberry mixture; remove from heat and allow to cool completely before serving.

Nutrition Facts

 PROTEIN 1.47%  FAT 18.7%  CARBS 79.83%

Properties

Glycemic Index:17.51, Glycemic Load:28.1, Inflammation Score:-2, Nutrition Score:3.5282608866692%

Flavonoids

Cyanidin: 23.88mg, Cyanidin: 23.88mg, Cyanidin: 23.88mg, Cyanidin: 23.88mg Delphinidin: 4.29mg, Delphinidin: 4.29mg, Delphinidin: 4.29mg, Delphinidin: 4.29mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 211.69kcal (10.58%), Fat: 4.64g (7.14%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 42.05g (15.29%), Sugar: 39.81g (44.23%), Cholesterol: 0mg (0%), Sodium: 1.44mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Manganese: 0.46mg (23.01%), Vitamin C: 9.11mg (11.05%), Fiber: 2.56g (10.22%), Copper: 0.11mg (5.33%), Vitamin E: 0.75mg (5%), Vitamin B1: 0.05mg (3.24%), Magnesium: 10.87mg (2.72%), Vitamin K: 2.72µg (2.59%), Phosphorus: 23mg (2.3%), Zinc: 0.33mg (2.22%), Vitamin B6: 0.04mg (2.22%), Vitamin B5: 0.21mg (2.09%), Potassium: 69.82mg (1.99%), Iron: 0.3mg (1.68%), Vitamin B2: 0.03mg (1.56%), Calcium: 11.14mg (1.11%)