



Wayne's Cranberry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



559 kcal

SIDE DISH

SAUCE

Ingredients

- 1 cup apples chopped
- 1 teaspoon cinnamon
- 16 ounce cranberries fresh
- 0.3 cup grand marnier
- 0.5 juice of lemon juiced
- 0.5 juice of orange juiced
- 1 teaspoon nutmeg freshly grated
- 0.5 cup raisins

- 1 cup sugar
- 1 cup walnuts chopped
- 1 cup water

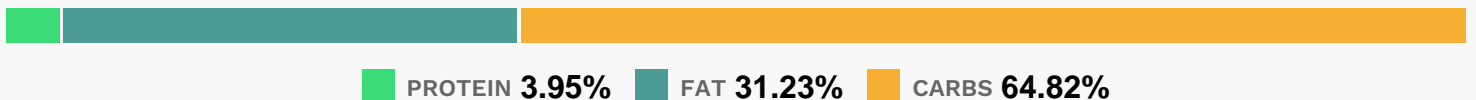
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine the sugar and water in a large saucepan and bring to a boil.
- Add the cranberries and return to a boil, then lower the heat so that the liquid simmers.
- Add the apples, walnuts, raisins, Grand Marnier, orange and lemon juices, cinnamon, and nutmeg, and cook for 10 to 15 minutes.
- Remove the pan from the heat and let the sauce cool.
- Serve in a side bowl with turkey or any preferred holiday dish.

Nutrition Facts



Properties

Glycemic Index:88.22, Glycemic Load:48.88, Inflammation Score:-6, Nutrition Score:13.432173801505%

Flavonoids

Cyanidin: 53.93mg, Cyanidin: 53.93mg, Cyanidin: 53.93mg, Cyanidin: 53.93mg 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: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg, Epicatechin: 7.31mg Epigallocatechin 3-gallate: 1.16mg, Epigallocatechin 3-gallate: 1.16mg, Epigallocatechin 3-gallate: 1.16mg, Epigallocatechin 3-gallate: 1.16mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.21mg, Naringenin: 0.21mg

0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin:
0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 7.52mg,
Myricetin: 7.52mg, Myricetin: 7.52mg, Myricetin: 7.52mg Quercetin: 18.11mg, Quercetin: 18.11mg, Quercetin: 18.11mg,
Quercetin: 18.11mg

Nutrients (% of daily need)

Calories: 559.35kcal (27.97%), Fat: 19.79g (30.44%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 92.39g (30.8%),
Net Carbohydrates: 83.97g (30.53%), Sugar: 64.38g (71.54%), Cholesterol: 0mg (0%), Sodium: 13.12mg (0.57%),
Alcohol: 3.84g (100%), Alcohol %: 1.48% (100%), Caffeine: 3.84mg (1.28%), Protein: 5.64g (11.27%), Manganese:
1.57mg (78.7%), Fiber: 8.42g (33.68%), Copper: 0.62mg (31.07%), Vitamin C: 23.91mg (28.98%), Magnesium:
63.32mg (15.83%), Vitamin B6: 0.27mg (13.75%), Phosphorus: 134.55mg (13.46%), Potassium: 430.87mg (12.31%),
Vitamin E: 1.78mg (11.85%), Vitamin B1: 0.15mg (9.94%), Iron: 1.73mg (9.6%), Folate: 34.69µg (8.67%), Zinc: 1.09mg
(7.28%), Vitamin B2: 0.12mg (7.19%), Vitamin K: 7.31µg (6.96%), Vitamin B5: 0.55mg (5.49%), Calcium: 54.09mg
(5.41%), Vitamin B3: 0.74mg (3.7%), Selenium: 2.03µg (2.91%), Vitamin A: 107.97IU (2.16%)