Zesty Cranberry Sauce

Source: Food for Life by Neal Barnard, MD; recipe by Jennifer Raymond, MS, RD

A unique twist on classic cranberry sauce!

About the Recipe

121 Calories · 0.7 g Protein · 2.9 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 8 Servings

- 2 cups fresh or frozen cranberries
- 1/2 cup orange juice concentrate
- 2 ripe pears, finely chopped
- 1 medium apple, finely chopped
- 1/4 tsp. cinnamon
- 1 tsp. grated orange peel
- 1/2 cup or to taste raw sugar or other sweetener

Directions

1. Combine cranberries, juice concentrate, pears, apple, cinnamon, and orange peel in a saucepan and bring to a simmer over medium heat. Continue cooking, uncovered, until cranberry skins pop and mixture is thickened slightly, about 10 minutes.
2. Add sugar or other sweetener to taste.
3. Serve hot or cold.

Nutrition Facts

Per Serving (1/8 of recipe)

Calories: 121
Fat: 0.3 g fat
- **Saturated Fat:** 0 g
- **Calories from Fat:** 2.4%

Cholesterol: 0 mg
Protein: 0.7 g
Carbohydrate: 30.6 g
Sugar: 25.8 g
Fiber: 2.9 g
Sodium: 6 mg
Calcium: 24 mg
Iron: 0.5 mg
Vitamin C: 30.4 mg
Beta-Carotene: 33 mcg
Vitamin E: 0.3 mg