



# Spiced Cranberry Relish

Prep Time	20 mins
Total Time	3 hrs
Meal Type	Breakfast,Lunch,Dinner,Snack,Side
Contributed By	<b>LivingPlateRx</b>
Source	Living Plate
Servings	6



## Ingredients

lb,c | g,ml

- 12 oz cranberries, fresh, *sorted and washed* (or frozen)
- 2 apples, *chopped*
- 2 oranges
- 1/3 cup maple syrup
- 1/4 tsp allspice
- salt, *to taste*

## Directions

### Prep

1. Wash and sort cranberries.
2. Chop apples.
3. Zest one orange and squeeze two [2 oranges will yield about 1/2 cup of juice.] If you need more fluid to reach 1/2 cup, just add water.
4. Peel and segment the remaining orange and set aside.

### Make

1. In a medium saucepot, add cranberries, apples, orange juice, maple syrup, and allspice.
2. Bring to a boil, then reduce heat to simmer. Simmer mixture, stirring often and breaking up the cranberries as they soften.
3. Once the mixture has thickened, remove from heat and stir in zest and orange segments.
4. Season with salt to taste.
5. Bring to room temperature then refrigerate for at least 3 hours before serving.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.  
Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

# Nutrition Facts

**Calories** 132  
per serving

Amount/serving	% Daily Value*
<b>Total Fat</b> 0.2g	0%
Saturated Fat 0.0g	0%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 3mg	0%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 33g	11%
Dietary Fiber 5g	19%
Total Sugars 26g	
<b>Protein</b> 1g	

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 33mg 3% · Iron 0mg 1% · Potassium 214mg 4%

- Show all nutrients -