

Cranberry Sauce

6 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- 1 (12 ounce) bag of fresh or frozen cranberries
- ½ cup raw sugar
- 1 – 2" cinnamon stick
- Zest from 1 orange
- ½ cup freshly squeezed orange juice
- ½ cup water

DIRECTIONS

1. If using fresh cranberries, remove any wrinkled ones. Rinse well under cool water. If using frozen, you do not need to thaw them out.
2. Combine cranberries, sugar, cinnamon stick, orange zest and juice, and water in a stock pot. Stir, turn heat to medium, and bring up to a simmer.
3. Simmer cranberries until they burst, and the liquid has thickened, about 15 minutes. Stir occasionally so that the bottom does not burn. Remove the pot from heat and serve at room temperature or chilled.

Nutrition Facts	
6 servings per container	
Serving size 2 Tablespoons	
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 16g Added Sugars	32%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 43mg	0%

*The % Daily Value 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.

Developed by The Children's Hospital of San Antonio

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