

# 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