

Cranberry Orange and Ginger Sauce

¾ cup cranberries ¾ Tbsp coconut palm sugar
½ each orange, zest & juice 1 Tbsp red onion, minced
1 Tbsp blood orange juice 1 tsp fresh ginger, minced



Procedure

1 Blend all ingredients together, heat slowly in small sauce pot.

Nutrition Facts

Serving size: Entire recipe (5 ounces).

Amount Per Serving	
Calories	89.54
Calories From Fat (2%)	1.96
% Daily Value	
Total Fat 0.23g	<1%
Saturated Fat 0.03g	<1%
Cholesterol 0mg	0%
Sodium 3.62mg	<1%
Potassium 180.22mg	5%
Total Carbohydrates 23.2g	8%
Fiber 9.08g	36%
Sugar 3.37g	
Protein 1.18g	2%

Recipe Type

Sauce