

Cranberry Sauce with Orange and Rosemary

*"The Best of Fine Cooking", 2010
The Palm Beach Post*

Yield: 5 cups

*24 ounces fresh cranberries, picked through and rinsed
2 cups granulated sugar
1 cup fresh orange juice
4 teaspoons fresh rosemary, minced
1 teaspoon grated orange zest*

In a large saucepan, bring the cranberries, sugar, orange juice and rosemary to a boil over medium-high heat. Reduce the heat and simmer for 1 minute. (Some of the berries will have popped and some will be whole.)

Remove the saucepan from the heat and stir in the zest. Cover and let stand for 10 minutes. Let the sauce cool to room temperature and then cover and refrigerate.

Return to room temperature before serving.

This sauce can be made up to a week ahead and refrigerated.

Per Serving (excluding unknown items): 1996 Calories; 2g Fat (0.9% calories from fat); 4g Protein; 512g Carbohydrate; 29g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 7 Fruit; 0 Fat; 27 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1996	Vitamin B6 (mg):	.5mg
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.3%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	0.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	2g	Folacin (mcg):	150mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%

Carbohydrate (g):	512g
Dietary Fiber (g):	29g
Protein (g):	4g
Sodium (mg):	14mg
Potassium (mg):	1002mg
Calcium (mg):	86mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	216mg
Vitamin A (i.u.):	875IU
Vitamin A (r.e.):	90RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	7
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	27

Nutrition Facts

Amount Per Serving

Calories 1996 Calories from Fat: 17

% Daily Values*

Total Fat 2g	3%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrates 512g	171%
Dietary Fiber 29g	117%
Protein 4g	
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Vitamin A	18%
Vitamin C	361%
Calcium	9%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.