

Skillet Apple-Cranberry Sauce with Pistachios

*J. M. Hirsch - Associated Press
Scripps Treasure Coast Newspapers*

Servings: 6

*1 tablespoon butter
4 large apples, peeled, cored and cut into 1/2-inch wedges
2 tablespoons cider vinegar
1/3 cup water
2 tablespoons brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon ground cardamom
1 cup dried cranberries
1/4 cup crushed toasted pistachios*

In a large skillet over medium-high, melt the butter. Add the apples and cook until lightly browned on all sides.

Add the vinegar, water, brown sugar, cinnamon, cardamom and cranberries. Stir well and bring to a simmer. Cook until the liquid is thick and syrupy.

Spoon the apple-cranberry sauce into a serving bowl, then top with the pistachios.

Serve warm or at room temperature.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 85 Calories; 2g Fat (22.1% calories from fat); trace Protein; 18g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-------|----------------------------|-------|
| Calories (kcal): | 85 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 22.1% | Vitamin B12 (mcg): | trace |
| % Calories from Carbohydrates: | 77.0% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 0.9% | Riboflavin B2 (mg): | trace |
| Total Fat (g): | 2g | Folacin (mcg): | 3mcg |
| Saturated Fat (g): | 1g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 1g | Caffeine (mg): | 0mg |
| | | Alcohol (kcal): | 0 |

| | |
|--------------------------|-------|
| Polyunsaturated Fat (g): | trace |
| Cholesterol (mg): | 5mg |
| Carbohydrate (g): | 18g |
| Dietary Fiber (g): | 3g |
| Protein (g): | trace |
| Sodium (mg): | 21mg |
| Potassium (mg): | 124mg |
| Calcium (mg): | 13mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | 5mg |
| Vitamin A (i.u.): | 121IU |
| Vitamin A (r.e.): | 23RE |

% Daily Values 0 0%

Food Exchanges

| | |
|----------------------|-----|
| Grain (Starch): | 0 |
| Lean Meat: | 0 |
| Vegetable: | 0 |
| Fruit: | 1 |
| Non-Fat Milk: | 0 |
| Fat: | 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 85 Calories from Fat: 19

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 2g | 3% |
| Saturated Fat 1g | 6% |
| Cholesterol 5mg | 2% |
| Sodium 21mg | 1% |
| Total Carbohydrates 18g | 6% |
| Dietary Fiber 3g | 11% |
| Protein trace | |
| <hr/> | |
| Vitamin A | 2% |
| Vitamin C | 9% |
| Calcium | 1% |
| Iron | 2% |

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