

Double Cranberry Honey Sauce

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Yield: 3 cups

1 bag (12 ounce) fresh or frozen
cranberries
1 cup dried cranberries
1 cup pomegranate juice
2/3 cup honey
1 tablespoon orange zest
1/4 teaspoon ground cinnamon

Preparation Time: 10 minutes

Cook Time:

In a saucepan, combine all of the ingredients. Bring to a simmer. Cook until the cranberry skins begin to burst. The sauce thickens as it cools.

Serve warm or at room temperature.

Cover and chill for up to two days.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 830 Calories; trace Fat (0.3% calories from fat); 2g Protein; 222g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 38mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fruit; 0 Fat; 12 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	830
% Calories from Fat:	0.3%
% Calories from Carbohydrates:	98.8%
% Calories from Protein:	0.9%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	222g
Dietary Fiber (g):	1g
Protein (g):	2g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	6mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 38mg
Potassium (mg): 640mg
Calcium (mg): 64mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 9mg
Vitamin A (i.u.): 27IU
Vitamin A (r.e.): 2 1/2RE

Vegetable: 0
Fruit: 2 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 12 1/2

Nutrition Facts

Amount Per Serving

Calories 830 Calories from Fat: 2

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	38mg	2%
Total Carbohydrates	222g	74%
Dietary Fiber	1g	5%
Protein	2g	
Vitamin A		1%
Vitamin C		16%
Calcium		6%
Iron		16%

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