

# Orange Walnut Cranberries

*Scripps Treasure Coast Newspapers*

12 ounces fresh cranberries  
1 1/4 cups sugar  
1 orange  
1 tablespoon lemon juice  
3/4 cup walnuts  
honey  
water  
Grand Marnier (optional) or almond  
extract (optional)

Grate all of the peel from the orange. Juice the orange and add water to the juice to total one cup of liquid. Set the zest and juice aside.

Rinse and pick over the cranberries.

Combine the sugar, juice, zest and water mix in a saucepan. Bring to a boil over medium heat, stirring until the sugar is dissolved.

Add the berries and cook until they pop, 7 to 8 minutes.

Mash some of the berries in the pan. Remove from the heat and cool for 10 minutes.

Mix in the lemon juice and walnuts. If not sweet enough, add honey to taste. You can add three tablespoons of Grand Marnier or almond extract, if desired.

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Per Serving (excluding unknown items): 1769 Calories; 54g Fat (25.9% calories from fat); 25g Protein; 321g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 3 1/2 Fruit; 9 Fat; 17 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	1769	Vitamin B6 (mg):	.8mg
% Calories from Fat:	25.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	68.6%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	5.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	54g	Folacin (mcg):	109mcg

**Saturated Fat (g):** 3g  
**Monounsaturated Fat (g):** 12g  
**Polyunsaturated Fat (g):** 35g  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 321g  
**Dietary Fiber (g):** 22g  
**Protein (g):** 25g  
**Sodium (mg):** 7mg  
**Potassium (mg):** 994mg  
**Calcium (mg):** 134mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 126mg  
**Vitamin A (i.u.):** 706IU  
**Vitamin A (r.e.):** 73RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

## Food Exchanges

**Grain (Starch):** 1  
**Lean Meat:** 3  
**Vegetable:** 0  
**Fruit:** 3 1/2  
**Non-Fat Milk:** 0  
**Fat:** 9  
**Other Carbohydrates:** 17

## Nutrition Facts

### Amount Per Serving

**Calories** 1769 **Calories from Fat:** 459

### % Daily Values\*

<b>Total Fat</b>	54g	83%
Saturated Fat	3g	17%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	7mg	0%
<b>Total Carbohydrates</b>	321g	107%
Dietary Fiber	22g	89%
<b>Protein</b>	25g	
<b>Vitamin A</b>		14%
<b>Vitamin C</b>		209%
<b>Calcium</b>		13%
<b>Iron</b>		21%

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