

Cranberry-Orange Relish

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Servings: 10

1 orange

1 package (12 ounce) cranberries,
thawed, if frozen

1 Gala, Fuji or Red Delicious apple,
cored, peeled and chopped

1/4 to 1/3 cup sugar

1/4 ground allspice

Cut, peel and remove the white pith from the orange. Cut the segments free from the membrane. Discard any seeds.

In a food processor, pulse the orange segments, cranberries, apple, 1/4 cup of sugar and the allspice until coarsely chopped.

Transfer the mixture to a bowl. If desired, stir in the remaining sugar.

Cover. Chill up to one week.

Per Serving (excluding unknown items): 31 Calories; trace Fat (1.3% calories from fat); trace Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	31
% Calories from Fat:	1.3%
% Calories from Carbohydrates:	96.6%
% Calories from Protein:	2.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	trace
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
	0

Sodium (mg):
Potassium (mg): 32mg
Calcium (mg): 7mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 8mg
Vitamin A (i.u.): 32IU
Vitamin A (r.e.): 3 1/2RE

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories	31	Calories from Fat: 0
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	3%
Protein	trace	

Vitamin A	1%
Vitamin C	14%
Calcium	1%
Iron	0%

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