

Three-Ingredient Cranberry Relish

*Anthony Bourdain - Community Table
Relish Magazine*

Servings: 10

*1 large orange
12 ounces fresh cranberries
1 cup sugar*

Wash the orange well under warm water. Dry.
Coarsely chop the orange. Discard the seeds.
Retain all of the orange (skin, flesh and pith).

In a food processor, combine the orange and
cranberries. Pulse until the mixture appears
grainy. Transfer to a bowl.

Fold in the sugar. Taste, adding more sugar if
needed.

Cover and refrigerate overnight.

Serve cold or at room temperature.

Per Serving (excluding unknown
items): 100 Calories; trace Fat
(0.7% calories from fat); trace
Protein; 26g Carbohydrate; 2g
Dietary Fiber; 0mg Cholesterol;
1mg Sodium. Exchanges: 1/2 Fruit;
1 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	100	Vitamin B6 (mg):	trace
% Calories from Fat:	0.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	26g		

Food Exchanges

Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0
Potassium (mg):	48mg	Fruit:	1/2
Calcium (mg):	8mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1 1/2
Vitamin C (mg):	12mg		
Vitamin A (i.u.):	43IU		
Vitamin A (r.e.):	4 1/2RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 100 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	26g	9%
Dietary Fiber	2g	7%
Protein	trace	

Vitamin A	1%
Vitamin C	19%
Calcium	1%
Iron	1%

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