

Cranberry Reduction

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Yield: 1 1/4 cups

*2 cups cranberry juice
1/2 cup canned jellied cranberry
sauce
1/4 cup sugar
4 dashes angostura bitters
1 three-inch rosemary sprig*

Preparation Time: 10 minutes

In a medium saucepan over medium heat, boil the cranberry juice, cranberry sauce, sugar and angostura bitters for 4 to 5 minutes or until smooth, stirring often.

Reduce the heat to low and simmer, stirring occasionally, for 20 minutes or until the liquid is reduced by half and slightly thickened.

Add the rosemary. Cover and let stand for 5 minutes. Discard the rosemary. Cool the mixture for 30 minutes.

Cover and chill for one hour. Store in an airtight container in a refrigerator for up to one week.

Start to Finish Time: 2 hours 5 minutes

Per Serving (excluding unknown items): 494 Calories; 1g Fat (1.8% calories from fat); trace Protein; 125g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Fruit; 0 Fat; 3 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	494	Vitamin B6 (mg):	.1mg
% Calories from Fat:	1.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	98.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	1

Cholesterol (mg):	0mg
Carbohydrate (g):	125g
Dietary Fiber (g):	2g
Protein (g):	trace
Sodium (mg):	12mg
Potassium (mg):	124mg
Calcium (mg):	58mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	181mg
Vitamin A (i.u.):	123IU
Vitamin A (r.e.):	10 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	4 1/2
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	3 1/2

Nutrition Facts

Amount Per Serving

Calories 494 Calories from Fat: 9

% Daily Values*

Total Fat 1g	2%
Saturated Fat trace	2%
Cholesterol 0mg	0%
Sodium 12mg	1%
Total Carbohydrates 125g	42%
Dietary Fiber 2g	8%
Protein trace	
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Vitamin A	2%
Vitamin C	302%
Calcium	6%
Iron	10%

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