

# Fresh Cranberry-Apricot Sauce

Mrs. Thomas Byrd - Nashville, TN  
*Southern Living - 1987 Annual Recipes*

## Yield: 4 cups

1 package (12 ounces) fresh  
cranberries  
8 ounces dried apricots, chopped  
1 1/4 cups sugar  
2 cups orange juice  
1/2 cup water

In a Dutch oven, combine the cranberries, apricots, sugar, orange juice and water. Cook over medium heat, stirring constantly, until the sugar dissolves.

Reduce the heat and simmer for 30 minutes, stirring occasionally.

Serve the sauce warm or cold with poultry or pork.

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Per Serving (excluding unknown items): 1777 Calories; 2g Fat (1.1% calories from fat); 12g Protein; 453g Carbohydrate; 25g Dietary Fiber; 0mg Cholesterol; 35mg Sodium. Exchanges: 14 Fruit; 17 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	1777	Vitamin B6 (mg):	.6mg
% Calories from Fat:	1.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	96.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	2.6%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	2g	Folacin (mcg):	298mcg
Saturated Fat (g):	trace	Niacin (mg):	9mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily*	n n%
Carbohydrate (g):	453g	<b>Food Exchanges</b>	
Dietary Fiber (g):	25g	Grain (Starch):	0
Protein (g):	12g	Lean Meat:	0
Sodium (mg):	35mg	Vegetable:	0

**Potassium (mg):** 4190mg  
**Calcium (mg):** 168mg  
**Iron (mg):** 12mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 266mg  
**Vitamin A (i.u.):** 17456IU  
**Vitamin A (r.e.):** 1895RE

**Fruit:** 14  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 17

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## Nutrition Facts

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### Amount Per Serving

**Calories** 1777 Calories from Fat: 19

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### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	35mg	1%
<b>Total Carbohydrates</b>	453g	151%
Dietary Fiber	25g	102%
<b>Protein</b>	12g	
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<b>Vitamin A</b>		349%
<b>Vitamin C</b>		444%
<b>Calcium</b>		17%
<b>Iron</b>		67%

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