

# Tart Cranberry and Onion Relish

*The Kitchen at Johnsonville Sausage*  
*www.johnsonville.com*

**Servings: 16**

**Yield: 4 cups**

*1 package (10 ounces) dried  
cranberries*  
*2 cups onion, chopped*  
*1/4 cup cider vinegar*  
*2 tablespoons sugar*  
*1 jar (12 ounces) red currant jelly*

In a saucepan, combine the cranberries, onion,  
vinegar and sugar

Bring to a boil. Reduce the heat to low. Cover  
and simmer until the onion is tender.

Remove from the heat. Stir in the jelly.

Cover and refrigerate for 30 minutes or until  
serving.

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Per Serving (excluding unknown  
items): 14 Calories; trace Fat (1.8%  
calories from fat); trace Protein; 4g  
Carbohydrate; trace Dietary Fiber;  
0mg Cholesterol; 1mg Sodium.  
Exchanges: 1/2 Vegetable; 0 Fruit;  
0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	14
% Calories from Fat:	1.8%
% Calories from Carbohydrates:	92.2%
% Calories from Protein:	6.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	1mg

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
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2

**Potassium (mg):** 35mg  
**Calcium (mg):** 4mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

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

## Nutrition Facts

Servings per Recipe: 16

### Amount Per Serving

**Calories** 14 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	2%
<b>Calcium</b>	0%
<b>Iron</b>	0%

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