



Cranberry Sauce

<u>U.S.</u>		<u>Metric</u>
12 oz.	Cranberries, Fresh or Frozen	339g
1/2 cup	Honey	118.3ml
1/2 cup	Water	118.3ml
1/4 cup	Orange Juice	59.2ml

Preparation:

1. Gather all ingredients and equipment.
2. In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to boil over medium, high-heat. Once it boils, allow it to simmer for 5-10 minutes or until thickened.
3. Remove the pot from heat and stir in the orange juice.

Nutrition Facts	
Serving size	1 oz. (28g)
Servings	22
Calories	32
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Carbohydrates	9 g
Dietary Fiber	1 g
Sugars	7 g
Protein	0 g
Potassium	23 mg
Vitamin A	1 %
Calcium	0 %
Vitamin C	4 %
Iron	1 %
Phosphorus	3 mg
