

Saint Paul Public Schools' Homemade Cranberry Sauce

Tart, sweet, and locally sourced, this side dish pairs well with your favorite holiday meal or can also be used as a toast topping, an applesauce or oatmeal mix-in, or baked with apples and a crumb topping for an apple-cranberry crisp.

YIELD

Eight ¼-cup servings

INGREDIENTS

- 12-ounce package fresh cranberries (*locally sourced if possible*)
- ¾ cup sugar
- ½ cup orange juice
- ½ cup water



DIRECTIONS

- Combine sugar, water and orange juice in an uncovered pot. Bring to a boil.
- Add cranberries and continue to boil gently until skins burst, about 15 to 20 minutes. Be careful not to overcook.

NUTRITIONAL INFORMATION

PER ¼ CUP SERVING

CALORIES 91

TOTAL FAT 0.08 g

CARBS 23.46 g

SODIUM 0.9mg

CHOLESTEROL 0 mg

FIBER 1.44 g

VITAMIN C 10.28 mg



real choices
Eating healthy never tasted so good.