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Sugarfree Cranberry Sauce

Posted By *Diabetic Gourmet* On November 20, 2017 @ 2:21 pm In Christmas Recipes,Christmas Side Dish Recipes,Cranberry Recipes,Fruit Recipes,Holiday and Special Occasions,Recipes for Autumn,Sauce and Gravy,Sauces and Condiments,Seasonal Recipes,Thanksgiving Recipes,Thanksgiving Side Dishes | Comments Disabled

Cranberries are most popular around the holidays, especially to go along with Thanksgiving turkey. This sugarfree cranberry sauce recipe is perfect for your diabetic-friendly holiday meal planning. It goes just as well with roast turkey as the full-sugar versions.

Compared to canned, jellied cranberry sauce, this diabetic cranberry sauce cuts the carbs down to only 6 grams from 27 grams. Calories are cut from 100 to just 25. Safe for diabetics and welcomed by anyone trying to cut down on sugar intake because it's sweetened with Splenda.

If you're interested in more dishes made with cranberries, then read our article: 10 Crowd-Pleasing Recipes with Cranberries for the Holidays [1] or check our entire collection of Cranberry Recipes [2].

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Nutritional Information Per Serving:

Calories: 50
Calories from fat: zero
Fat: zero grams
Unsaturated Fat: zero grams
Saturated Fat: zero grams
Trans Fat: zero grams
Fiber: 3 grams
Sodium: zero miligrams
Cholesterol: zero miligrams
Protein: zero grams
Carbohydrates: 13 grams
Sugars: 6 grams

Source: Photo courtesy of Didriks (CC)

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[2] Cranberry Recipes: **https://diabeticgourmet.com/recipes/fruit/cranberries-diabetes-recipes**

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