

# Cranberries

## Key Points

- For the best buy choose fresh cranberries that are clean and firm with a dark red color, not soft or wrinkled.
- To prepare fresh cranberries, sort to remove stems and damaged cranberries, and rinse in running water just before using.
- To store fresh cranberries, keep them in the refrigerator for up to 3 weeks. If you don't use them right away, put the whole bag right in the freezer.
- Cranberries contain vitamin C, which is good for fighting colds and healing cuts.



## Cranberry and Sweet Potato Bread

### Ingredients:

- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 1 3/4 cup flour
- 1 can (15 ounces) sweet potatoes, drained
- 2 large eggs
- 1/2 cup packed brown sugar
- 1/3 cup vegetable oil
- 1 teaspoon vanilla
- 1/2 cup orange juice
- 1 1/3 cup dried cranberries

### Directions:

1. Preheat oven to 350°F.
2. Spray a loaf pan with non-stick cooking spray.
3. In a small bowl, stir together the cinnamon, baking soda and flour.
4. In a large bowl, mash sweet potatoes. Add eggs, brown sugar, oil, vanilla and orange juice to the large bowl. Mix well.
5. Add flour mixture from the small bowl to the large bowl. Mix just until blended.
6. Stir the cranberries into large bowl.
7. Pour into prepared pan. Bake for 60 minutes, or until toothpick comes out very clean.

**Makes 10 servings.**

## Cranberry Fruit Salad

### Ingredients:

- 1 can (16 ounces) cranberry sauce
- 5 bananas, peeled
- 1 can (20 ounces) crushed pineapple, drained

### Directions:

1. In a large bowl, mash the cranberry sauce with the back of a spoon until smooth.
2. Slice the bananas into the bowl with the cranberry sauce.
3. Add pineapple. Stir gently. The pineapple keeps the bananas from turning brown.
4. Refrigerate leftovers.

**Makes 12 servings.**

## Quick Tips

- Use dried cranberries in oatmeal, or as a snack.
- Use fresh or frozen cranberries in sauces, relishes, or muffins.
- Mix orange juice with cranberry juice for a refreshing change at breakfast.
- Remember to rinse all fruits and vegetables before using.

*This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.*

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# The Nutrition Facts Label—What does it tell us?

Recipe name: Cranberry Sweet Potato Bread

## Nutrition Facts

Serving Size: 1/10 of recipe (122g)

Servings Per Recipe: 10

### Amount/Serving

**Calories** 300      **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g      **14%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 40mg      **14%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 51g      **17%**

Dietary Fiber 3g      **10%**

Sugars 25g

**Protein** 4g

Vitamin A 70%      Vitamin C 25%

Calcium 4%      Iron 10%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:  
5% or less is LOW  
20% or more is HIGH

# The Nutrition Facts Label—What does it tell us?

Recipe name: Cranberry Fruit Salad

## Nutrition Facts

Serving Size: 1/12 of recipe (134g)

Servings Per Recipe: 12

### Amount/Serving

**Calories** 130      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 15mg      **1%**

**Total Carbohydrate** 33g      **11%**

Dietary Fiber 2g      **8%**

Sugars 26g

**Protein** less than 1g

Vitamin A 0%      Vitamin C 15%

Calcium 0%      Iron 2%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH