



Quick Bites — Cranberries

Cranberries grow in northern bogs on low-lying vines, just above water. These bright red gems are native to North America and at one time whalers and mariners carried cranberries on their ships to prevent scurvy. Today you've probably heard claims that cranberry juice helps prevent urinary tract infections; though it appears to help some women, it is not a treatment. We do know that with their healthful nutrients and phytochemicals along with the rich color and flavor, cranberries make a great addition to any meal, not just at Thanksgiving.

What's in Cranberries?

Cranberries are good sources of vitamin C and dietary fiber. They're very high in antioxidant power, [3-5] most of which comes from phytochemicals: Flavonoids, including anthocyanin, proanthocyanidins and flavonols, Ursolic acid, Benzoic acid and hydroxycinnamic acid



- From AICR Health Talk - www.aicr.org

Nutrition Facts: Cranberries

Serving Size: 55 grams (1/2 cup raw)

Calories per serving: 25 calories

Excellent Source*	Good Source**
	Vitamin C
	Fiber

* ≥ 20% Daily Value

** ≥ 10% DV

Frosted Cranberries

allrecipes.com

Rated: ☆☆☆☆

Submitted By: KF1065

Prep Time: 5 Minutes

Ready In: 2 Hours 5 Minutes Servings: 24

"Beautiful sugar coated cranberries can put the finishing touch on your holiday desserts and side dishes. Beautiful to look at, and sweet enough to eat them plain."

Ingredients:

2 tablespoons water
 1 tablespoon pasteurized egg white or liquid egg substitute
 1 (12 ounce) package fresh cranberries
 1 cup white sugar

Directions:

1. In a medium bowl, stir together the water and egg white until blended but not whipped. Coat cranberries with this mixture. Spread the sugar out on a baking sheet, and roll the cranberries in it until they are coated. Dry at room temperature for 2 hours. Use as garnishes for desserts, or eat them plain.

*For more information:
 Karla Bailey, R.D.
 601.485.5081*