

cranberry jelly nutrition facts

cranberry jelly nutrition facts provide essential information for those interested in understanding the dietary impact of this popular condiment. Cranberry jelly, often enjoyed during holiday meals and as a complement to various dishes, contains a unique blend of nutrients, sugars, and antioxidants. This article explores the detailed nutrition profile of cranberry jelly, including its macronutrient composition, vitamin and mineral content, and potential health benefits. Additionally, the article addresses common concerns such as sugar content and calorie count, helping consumers make informed dietary choices. Whether used as a spread, a sauce, or an ingredient, knowing the cranberry jelly nutrition facts is valuable for maintaining balanced nutrition. The following sections will cover a comprehensive breakdown of its nutritional elements, health implications, and tips for consumption.

- **Macronutrient Composition of Cranberry Jelly**
- **Vitamins and Minerals in Cranberry Jelly**
- **Health Benefits Associated with Cranberry Jelly**
- **Potential Concerns and Considerations**
- **Incorporating Cranberry Jelly into a Balanced Diet**

Macronutrient Composition of Cranberry Jelly

The macronutrient content of cranberry jelly primarily includes carbohydrates, sugars, and small amounts of protein and fat. Understanding these components is crucial for evaluating its role in daily caloric intake and its effects on blood sugar levels.

Carbohydrates and Sugars

Cranberry jelly is predominantly composed of carbohydrates, with sugars making up the majority. The natural tartness of cranberries is often balanced by added sugars during jelly preparation, resulting in a sweet taste profile. Typically, a single tablespoon (about 20 grams) of cranberry jelly contains approximately 13-15 grams of carbohydrates, of which 12-14 grams are sugars. These sugars include both natural fruit sugars and added sweeteners, contributing to the overall calorie count.

Calories and Energy Value

The calorie content in cranberry jelly arises mainly from its sugar content. On average, one tablespoon provides about 50 calories, making it a moderate source of energy. Given its high sugar concentration, cranberry jelly should be consumed in moderation, especially by individuals monitoring their caloric intake or blood glucose levels.

Protein and Fat Content

Cranberry jelly contains negligible amounts of protein and fat, typically less than 1 gram per serving. This makes it primarily a carbohydrate-based food, with minimal contribution to dietary protein or fat requirements.

Vitamins and Minerals in Cranberry Jelly

Cranberry jelly contains trace amounts of several vitamins and minerals, primarily derived from the cranberries themselves. Although the jelly-making process and added sugars may reduce some nutrient levels, certain micronutrients remain present.

Vitamin C

Cranberries are naturally rich in vitamin C, an antioxidant important for immune function and skin health. However, the vitamin C content in cranberry jelly is often diminished during cooking and processing. A typical serving may provide a small percentage of the recommended daily intake, less than fresh cranberries but still contributing to overall antioxidant intake.

Other Vitamins

Aside from vitamin C, cranberry jelly contains minimal amounts of other vitamins such as vitamin A and some B vitamins. These are generally present in trace quantities and do not significantly impact daily nutritional needs.

Minerals

Trace minerals like potassium, calcium, and magnesium are found in cranberry jelly, though in limited amounts. These minerals support various bodily functions including muscle activity and bone health, but cranberry jelly is not a significant source of these nutrients.

Health Benefits Associated with Cranberry Jelly

While cranberry jelly is often viewed as a sweet condiment, it offers certain health benefits linked to its cranberry content. These benefits primarily arise from antioxidants and phytochemicals present in cranberries.

Antioxidant Properties

Cranberries are rich in polyphenols and other antioxidants that help combat oxidative stress and inflammation in the body. Some of these compounds are retained in cranberry jelly, contributing to its potential health-promoting effects. Antioxidants support cardiovascular health and may reduce the risk of chronic diseases.

Urinary Tract Health

Cranberries have been widely studied for their role in preventing urinary tract infections (UTIs). Proanthocyanidins in cranberries may inhibit the adhesion of bacteria to the urinary tract lining. While cranberry jelly contains less active compounds than pure cranberry juice or supplements, it still may offer some supportive benefits when consumed regularly.

Digestive Health

The natural acids and fiber found in cranberries, albeit reduced in jelly form, can aid digestion and support a healthy gut microbiome. However, cranberry jelly is not a significant source of fiber due to processing and added sugars.

Potential Concerns and Considerations

Despite its nutritional benefits, cranberry jelly has certain drawbacks, mostly related to its sugar content and processing methods. Awareness of these factors is important for maintaining a healthy diet.

High Sugar Content

A major concern with cranberry jelly is its high added sugar content. Excessive sugar consumption is linked to various health issues including obesity, diabetes, and dental problems. Consumers should check product labels for sugar quantity and choose options with reduced or no added sugars when possible.

Caloric Density

Due to concentrated sugars, cranberry jelly is calorie-dense relative to its serving size. Overconsumption can contribute to unwanted weight gain. Portion control is recommended to enjoy cranberry jelly without negatively impacting energy balance.

Preservatives and Additives

Some commercial cranberry jellies may contain preservatives, artificial flavors, or colorings. These additives can affect the nutritional profile and may not align with all dietary preferences. Selecting natural or organic varieties can mitigate these concerns.

Incorporating Cranberry Jelly into a Balanced Diet

When used thoughtfully, cranberry jelly can complement a nutritious diet by adding flavor and certain antioxidants. Its incorporation should balance enjoyment with nutritional awareness.

Serving Suggestions

Cranberry jelly pairs well with lean proteins, whole grains, and vegetables. It can be used as a spread on whole-grain bread, a glaze for poultry, or a topping for yogurt and oatmeal, enhancing both taste and nutrient variety.

Moderation and Alternatives

Due to its sugar content, portion control is essential. Using smaller amounts or opting for low-sugar cranberry spreads can reduce caloric and sugar intake. Homemade cranberry jelly recipes offer control over ingredients, allowing for healthier choices.

Combining with Other Nutrient-Dense Foods

Pairing cranberry jelly with foods rich in protein, fiber, and healthy fats can create balanced meals that support satiety and stable blood sugar levels. For instance, combining it with nuts or cheese improves the overall nutritional profile of the dish.

- Understand the carbohydrate and sugar content when consuming cranberry jelly

- Recognize the limited but present vitamin and mineral contributions
- Appreciate the antioxidant benefits derived from cranberry phytochemicals
- Be mindful of added sugars and preservatives in commercial products
- Incorporate cranberry jelly in moderation alongside balanced meals

Frequently Asked Questions

What are the main nutritional components of cranberry jelly?

Cranberry jelly primarily contains carbohydrates, mainly from sugars, along with small amounts of dietary fiber, minimal protein, and negligible fat. It also provides some vitamins and minerals such as vitamin C and manganese.

Is cranberry jelly high in sugar?

Yes, cranberry jelly typically contains a high amount of added sugars, which contribute to its sweet taste. This makes it relatively high in calories compared to fresh cranberries.

How many calories are in a typical serving of cranberry jelly?

A standard serving size of cranberry jelly (about 1 tablespoon or 20 grams) usually contains around 50-60 calories, mainly from sugars.

Does cranberry jelly provide any vitamins or antioxidants?

Cranberry jelly can provide small amounts of vitamin C and antioxidants derived from cranberries, but these are often reduced due to processing and added sugars.

Is cranberry jelly a good source of dietary fiber?

Cranberry jelly is generally low in dietary fiber because it is typically strained during processing, removing much of the fruit's natural fiber.

Can cranberry jelly fit into a diabetic-friendly diet?

Due to its high sugar content, cranberry jelly should be consumed in moderation by individuals with diabetes. Opting for sugar-free or low-sugar versions may be a better choice.

Additional Resources

1. *The Nutritional Secrets of Cranberry Jelly*

This book explores the detailed nutritional profile of cranberry jelly, highlighting its vitamin, mineral, and antioxidant content. It discusses the health benefits associated with consuming cranberry-based products and provides insights into how cranberry jelly can fit into a balanced diet. Readers will also find comparisons between homemade and store-bought varieties.

2. *Cranberry Jelly: A Superfood in Disguise*

Discover why cranberry jelly is more than just a holiday side dish in this comprehensive guide. The author delves into the bioactive compounds found in cranberries and how they contribute to immune support and urinary tract health. The book includes recipes and tips for maximizing nutritional intake.

3. *Understanding Cranberry Jelly: Ingredients and Health Impact*

This book breaks down the common ingredients in cranberry jelly and their nutritional implications. It addresses sugar content, preservatives, and natural additives, helping readers make informed choices. The book also covers how different preparation methods affect the jelly's healthfulness.

4. *Cranberry Jelly and Antioxidants: A Nutritional Analysis*

Focusing on the antioxidant properties of cranberry jelly, this book explains the science behind polyphenols and flavonoids found in cranberries. It presents research on how these antioxidants combat oxidative stress and support overall wellness. The book is ideal for nutrition enthusiasts interested in functional foods.

5. *The Role of Cranberry Jelly in Weight Management*

This guide examines cranberry jelly's place in calorie-controlled diets and its potential to aid weight management. It discusses sugar content, portion control, and how to incorporate cranberry jelly without compromising dietary goals. Practical advice and meal planning ideas are included for readers looking to maintain a healthy weight.

6. *Homemade Cranberry Jelly: Nutrition and Recipes*

Perfect for home cooks, this book offers recipes for making cranberry jelly from scratch while focusing on nutritional optimization. It provides tips for reducing added sugars and enhancing nutrient retention. The book also includes nutritional breakdowns for each recipe, empowering readers to make healthier choices.

7. *Cranberry Jelly and Heart Health: Exploring the Connection*

Explore the cardiovascular benefits of cranberry jelly in this detailed analysis. The book reviews scientific studies linking cranberry antioxidants to improved heart health, including cholesterol management and blood pressure regulation. It offers dietary recommendations and delicious ways to include cranberry jelly in heart-healthy meals.

8. *Decoding Cranberry Jelly Labels: What Nutrition Facts Really Mean*

This practical guide teaches readers how to read and interpret nutrition labels on cranberry jelly products. It highlights common additives, sugar levels, and serving size considerations. The book aims to empower

consumers to make healthier choices when purchasing cranberry jelly.

9. *Cranberry Jelly in Children's Nutrition: Benefits and Risks*

Focusing on the role of cranberry jelly in children's diets, this book evaluates its nutritional benefits and potential concerns such as sugar content and allergies. It offers guidance for parents on appropriate serving sizes and integrating cranberry jelly into balanced meals. The book also discusses alternatives and homemade options for healthier consumption.

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