



## Apple and Cranberry Chutney

 Vegetarian  Gluten Free

READY IN



4500 min.

SERVINGS



6

CALORIES



259 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 cups cranberries fresh frozen thawed
- 0.7 cup t brown sugar dark packed
- 2 lb gala apple ( 4)
- 0.1 teaspoon ground cloves
- 0.3 teaspoon ground ginger
- 2 teaspoons mustard seeds
- 1 medium onion cut into 1-inch pieces
- 0.5 cup orange juice fresh

3 tablespoons butter unsalted melted

## Equipment

oven

glass baking pan

## Directions

Put oven rack in upper third of oven and preheat oven to 400°F. Peel, halve, and core apples, then cut into 3/4-inch cubes. Stir together with remaining ingredients except cranberries in a 13- by 9-inch glass baking dish and spread in an even layer.

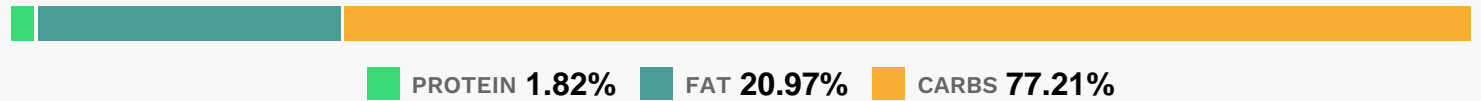
Roast apple mixture, stirring occasionally, 1 hour.

Remove dish from oven and stir in cranberries, then continue roasting until cranberries are softened and most of liquid is absorbed, about 20 minutes.

Serve chutney warm or at room temperature.

Chutney can be made 3 days ahead and cooled, uncovered, then chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:8.25, Inflammation Score:-5, Nutrition Score:6.1686956577975%

## Flavonoids

Cyanidin: 17.85mg, Cyanidin: 17.85mg, Cyanidin: 17.85mg, Cyanidin: 17.85mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.42mg, Peonidin: 16.42mg, Peonidin: 16.42mg, Peonidin: 16.42mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 12.84mg, Epicatechin: 12.84mg, Epicatechin: 12.84mg, Epicatechin: 12.84mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg

Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg  
Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 2.23mg, Myricetin:  
2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg,  
Quercetin: 14.78mg

## **Nutrients (% of daily need)**

Calories: 259.14kcal (12.96%), Fat: 6.41g (9.86%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 53.08g (17.69%),  
Net Carbohydrates: 47.75g (17.36%), Sugar: 43.45g (48.28%), Cholesterol: 15.05mg (5.02%), Sodium: 11mg (0.48%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 23.38mg (28.34%), Fiber: 5.33g  
(21.32%), Manganese: 0.29mg (14.63%), Potassium: 299.64mg (8.56%), Vitamin A: 318.68IU (6.37%), Vitamin B6:  
0.13mg (6.31%), Vitamin E: 0.94mg (6.27%), Vitamin K: 5.69µg (5.42%), Magnesium: 19.99mg (5%), Copper: 0.1mg  
(4.77%), Vitamin B1: 0.07mg (4.35%), Calcium: 43.22mg (4.32%), Folate: 16.65µg (4.16%), Phosphorus: 40.25mg  
(4.02%), Selenium: 2.64µg (3.77%), Vitamin B2: 0.06mg (3.67%), Iron: 0.63mg (3.48%), Vitamin B5: 0.3mg (3.01%),  
Vitamin B3: 0.36mg (1.81%), Zinc: 0.21mg (1.4%)