



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

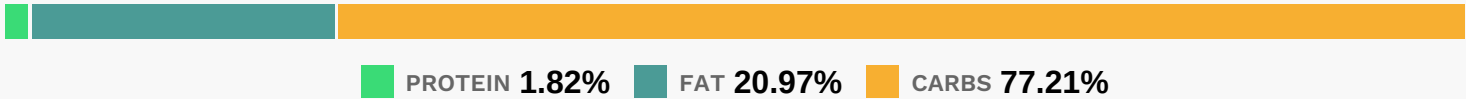
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 400°F. 3Peel, 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: Og (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%)