



## Apple-Blue Cheese Chutney

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



79 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 cup apple cider
- 0.3 teaspoon pepper black freshly ground
- 2 ounces cheese blue crumbled
- 2.5 cups braeburn apple peeled finely chopped (2 large)
- 2 tablespoons brown sugar
- 2 teaspoons canola oil
- 1 tablespoon cider vinegar
- 1.5 teaspoons thyme leaves fresh divided chopped

- 0.3 cup golden raisins
- 0.3 teaspoon kosher salt
- 0.3 cup shallots finely chopped

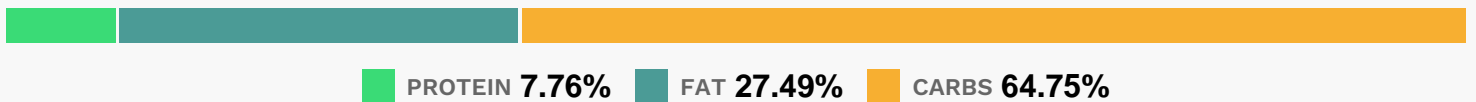
## Equipment

- frying pan
- sauce pan

## Directions

- Heat a small saucepan over medium-high heat.
- Add oil to pan; swirl to coat.
- Add shallots; saut 1 minute.
- Add apple and next 4 ingredients (through vinegar); bring to a boil. Reduce heat, and simmer, uncovered, 25 minutes or until most of liquid evaporates and apples are very tender.
- Remove from heat; stir in 3/4 teaspoon thyme, salt, and pepper. Cool to room temperature. Gently stir in blue cheese.
- Sprinkle with the remaining 3/4 teaspoon thyme.

## Nutrition Facts



## Properties

Glycemic Index:30.34, Glycemic Load:4.06, Inflammation Score:-4, Nutrition Score:2.0582608399184%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 79.26kcal (3.96%), Fat: 2.54g (3.91%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 12.28g (4.46%), Sugar: 10.49g (11.66%), Cholesterol: 4.25mg (1.42%), Sodium: 126.53mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Fiber: 1.19g (4.74%), Calcium: 41.38mg (4.14%), Manganese: 0.07mg (3.72%), Potassium: 125.38mg (3.58%), Phosphorus: 35.36mg (3.54%), Vitamin C: 2.72mg (3.3%), Vitamin B6: 0.06mg (3.04%), Vitamin B2: 0.04mg (2.55%), Magnesium: 7.42mg (1.85%), Copper: 0.04mg (1.78%), Iron: 0.3mg (1.65%), Vitamin K: 1.65µg (1.57%), Vitamin B5: 0.16mg (1.56%), Vitamin A: 75.14IU (1.5%), Vitamin E: 0.22mg (1.47%), Zinc: 0.21mg (1.41%), Selenium: 0.98µg (1.39%), Folate: 5.27µg (1.32%), Vitamin B12: 0.07µg (1.15%), Vitamin B1: 0.02mg (1.06%)