

Apple Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



66 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup cider vinegar
- ☐ 0.5 cup cranberries fresh
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1.5 pounds gala apple diced
- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.1 teaspoon ground turmeric
- ☐ 2 cups onion chopped
- ☐ 1 tablespoon vegetable oil

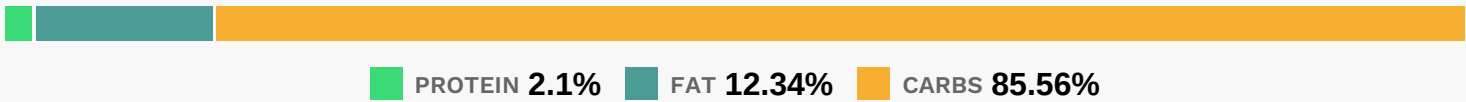
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan.
- ☐ Add onion and next 6 ingredients (onion through red pepper); saute 5 minutes.
- ☐ Add apple and remaining ingredients; cook 15 minutes, stirring frequently. Discard cloves.
- ☐ Serve warm.
- ☐ NOTE: Leftover chutney can be stored in an airtight container in the refrigerator for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:2.1, Inflammation Score:-3, Nutrition Score:1.5534782616988%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.54mg, Peonidin: 1.54mg, Peonidin: 1.54mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.34mg, Epicatechin: 3.34mg, Epicatechin: 3.34mg, Epicatechin: 3.34mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 66.42kcal (3.32%), Fat: 0.96g (1.48%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 13.47g (4.9%), Sugar: 12.09g (13.44%), Cholesterol: 0mg (0%), Sodium: 3.48mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.73%), Fiber: 1.51g (6.03%), Vitamin C: 3.9mg (4.73%), Manganese: 0.08mg (3.92%), Vitamin K: 2.76µg (2.63%), Potassium: 91.17mg (2.6%), Vitamin B6: 0.05mg (2.36%), Calcium: 14.1mg (1.41%), Magnesium: 5.4mg (1.35%), Vitamin E: 0.2mg (1.32%), Folate: 5.22µg (1.3%), Copper: 0.03mg (1.27%), Phosphorus: 11.73mg (1.17%), Vitamin B1: 0.02mg (1.14%), Iron: 0.19mg (1.06%), Vitamin B2: 0.02mg (1.03%)