



Apple Cranberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



8

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cooking apples good peeled chopped
- ☐ 1 cup cranberries fresh
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup brown sugar
- ☐ 1 Tbsp orange zest
- ☐ 1 Tbsp ginger freshly grated
- ☐ 1.5 teaspoon cinnamon

☐ 1 pinch of ground clove

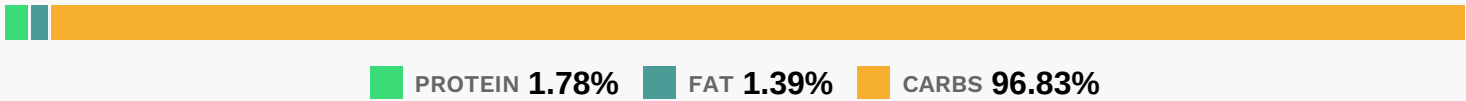
Equipment

☐ sauce pan

Directions

- ☐ Put all ingredients into a medium saucepan. Bring to a boil, reduce to a low simmer. Cover and cook for 20 minutes. Uncover and cook for a few minutes more, to reduce any remaining liquid.
- ☐ Refrigerate up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:2.39, Inflammation Score:-2, Nutrition Score:1.9743478427763%

Flavonoids

Cyanidin: 6.52mg, Cyanidin: 6.52mg, Cyanidin: 6.52mg, Cyanidin: 6.52mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.15mg, Peonidin: 6.15mg, Peonidin: 6.15mg, Peonidin: 6.15mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 3.97mg, Epicatechin: 3.97mg, Epicatechin: 3.97mg, Epicatechin: 3.97mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 72.2kcal (3.61%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 16.42g (5.97%), Sugar: 14.63g (16.26%), Cholesterol: 0mg (0%), Sodium: 4.25mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Manganese: 0.17mg (8.67%), Fiber: 2.01g (8.05%), Vitamin C: 5.66mg (6.86%), Potassium: 97.89mg (2.8%), Vitamin B6: 0.04mg (2.24%), Calcium: 19.35mg (1.93%), Vitamin E: 0.26mg (1.75%), Vitamin K: 1.8µg (1.72%), Copper: 0.03mg (1.6%), Magnesium: 6.02mg (1.51%), Iron:

0.23mg (1.27%), Phosphorus: 10.95mg (1.1%), Vitamin B2: 0.02mg (1.07%)