



Apple & grape chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



1

CALORIES



2736 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tsp cumin seeds
- ☐ 1 tsp coriander seeds
- ☐ 1 tsp mustard seeds
- ☐ 2 to 2 chillies slit green deseeded finely chopped
- ☐ 3 onion finely chopped
- ☐ 2 tsp ground ginger
- ☐ 400 ml apple cider vinegar
- ☐ 1 kg apples cored peeled chopped

- ☐ 300 g grapes white seedless
- ☐ 450 g granulated sugar

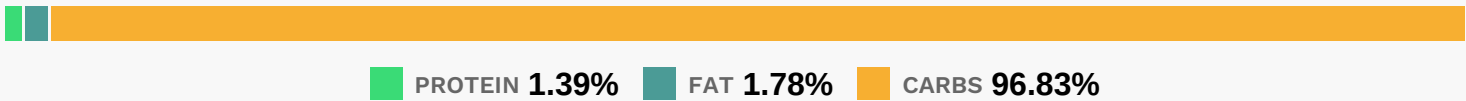
Equipment

- ☐ frying pan
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Toast the cumin and coriander seeds in a dry frying pan until aromatic. Tip into a mortar and coarsely grind with the pestle. Toast the mustard seeds in the same pan until they start to pop, then add to the other spices. Tip the spices into a large pan with the chillies, onions, ginger and vinegar. Bring to the boil, then simmer for 10 mins until the onions are softened.
- ☐ Add the chopped apples, grapes, sugar and 1 tsp salt, and bring to the boil, stirring. Boil hard, stirring from time to time, for about 15–25 mins until the mixture is thick and pulpy.
- ☐ Pot into warm sterilised jars (see tip, below), seal and label. Store in a cool, dry place for up to 1 year.

Nutrition Facts



Properties

Glycemic Index:220.09, Glycemic Load:382.71, Inflammation Score:-10, Nutrition Score:37.345652331477%

Flavonoids

Cyanidin: 15.7mg, Cyanidin: 15.7mg, Cyanidin: 15.7mg, Cyanidin: 15.7mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 13mg, Catechin: 13mg, Catechin: 13mg, Catechin: 13mg Epigallocatechin: 2.6mg, Epigallocatechin: 2.6mg, Epigallocatechin: 2.6mg Epicatechin: 75.3mg, Epicatechin: 75.3mg, Epicatechin: 75.3mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 1.9mg, Epigallocatechin 3-gallate: 1.9mg, Epigallocatechin 3-gallate: 1.9mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg, Isorhamnetin: 16.53mg Kaempferol: 3.55mg, Kaempferol: 3.55mg, Kaempferol: 3.55mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Myricetin: 0.1mg Quercetin: 107.09mg, Quercetin: 107.09mg, Quercetin: 107.09mg, Quercetin: 107.09mg

Nutrients (% of daily need)

Calories: 2736.12kcal (136.81%), Fat: 5.61g (8.64%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 686.14g (228.71%), Net Carbohydrates: 649.14g (236.05%), Sugar: 618.51g (687.23%), Cholesterol: 0mg (0%), Sodium: 358.99mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Manganese: 3.36mg (168.24%), Fiber: 37.01g (148.03%), Vitamin C: 91.53mg (110.94%), Potassium: 2551.41mg (72.9%), Vitamin K: 67.37µg (64.16%), Vitamin B6: 1.1mg (55.18%), Copper: 0.91mg (45.47%), Vitamin B2: 0.67mg (39.3%), Magnesium: 152.93mg (38.23%), Vitamin B1: 0.56mg (37.6%), Iron: 6.59mg (36.61%), Phosphorus: 338.48mg (33.85%), Folate: 102.62µg (25.65%), Calcium: 240.42mg (24.04%), Vitamin E: 2.61mg (17.38%), Selenium: 11.81µg (16.87%), Vitamin A: 772.97IU (15.46%), Vitamin B3: 2.43mg (12.16%), Zinc: 1.82mg (12.1%), Vitamin B5: 1.2mg (11.99%)