



Apple-Pear Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



709 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 anjou pears cored cut into chunks
- 2 tablespoons apple cider vinegar
- 1 cup apple juice
- 1 tablespoon brown sugar
- 2 teaspoons ginger fresh grated
- 1 teaspoon ground cinnamon
- 3 tablespoons mustard seeds
- 2 tablespoons olive oil

- 1 onion chopped
- 4 tart apples green cored cut into chunks

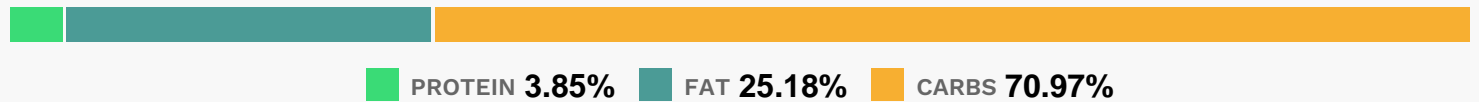
Equipment

- sauce pan

Directions

- In a large saucepan, heat the olive oil over medium heat and add the onions, mustard seeds, and cinnamon. Stir to combine.
- Saute the mixture until the onions are translucent, about 3 minutes.
- Stir in the apples, pears, vinegar, apple juice, brown sugar, and fresh ginger, cook for 1 minute, then lower the heat and simmer until the apples and pears are just soft, about 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:98.25, Glycemic Load:35.97, Inflammation Score:-8, Nutrition Score:24.209130660347%

Flavonoids

Cyanidin: 13.07mg, Cyanidin: 13.07mg, Cyanidin: 13.07mg, Cyanidin: 13.07mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg, Catechin: 7.24mg Epigallocatechin: 3.05mg, Epigallocatechin: 3.05mg, Epigallocatechin: 3.05mg, Epigallocatechin: 3.05mg Epicatechin: 46.64mg, Epicatechin: 46.64mg, Epicatechin: 46.64mg, Epicatechin: 46.64mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 29.47mg, Quercetin: 29.47mg, Quercetin: 29.47mg, Quercetin: 29.47mg

Nutrients (% of daily need)

Calories: 708.84kcal (35.44%), Fat: 21.34g (32.83%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 135.31g (45.1%), Net Carbohydrates: 111.78g (40.65%), Sugar: 93.88g (104.31%), Cholesterol: 0mg (0%), Sodium: 19.58mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.69%), Fiber: 23.54g (94.16%), Manganese: 1.09mg (54.27%), Selenium: 35.22µg (50.32%), Vitamin C: 38.55mg (46.72%), Potassium: 1161.43mg (33.18%), Vitamin K: 33.53µg (31.93%), Magnesium: 118.62mg (29.66%), Copper: 0.54mg (27.24%), Vitamin E: 3.99mg (26.58%), Phosphorus: 246.77mg (24.68%), Vitamin B6: 0.41mg (20.68%), Vitamin B1: 0.29mg (19.3%), Folate: 73.36µg (18.34%), Iron: 3.11mg (17.27%), Vitamin B2: 0.27mg (15.72%), Calcium: 136.85mg (13.69%), Zinc: 1.66mg (11.04%), Vitamin B3: 1.87mg (9.37%), Vitamin B5: 0.67mg (6.74%), Vitamin A: 295.96IU (5.92%)