



## Apricot-Almond Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



874 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 2 pounds apricots ripe
- ☐ 1 cup blanched almonds and
- ☐ 2 cups cider vinegar
- ☐ 1 cup crystallized ginger chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 cup golden raisins
- ☐ 2 teaspoons ground ginger
- ☐ 2 lemons (8 oz. total)

- ☐ 1.3 lb onions chopped
- ☐ 2 valencia oranges
- ☐ 2 pounds bell peppers red
- ☐ 2 teaspoons salt
- ☐ 2 cups sugar
- ☐ 5 servings canning instructions
- ☐ 5 servings canning instructions

## Equipment

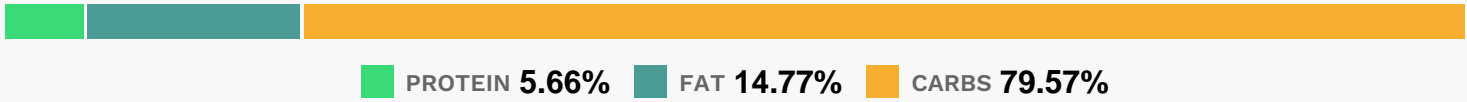
- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Follow steps 1 through 4 of Canning Instructions, using six pint-size jars.
- ☐ Place almonds in a 9-inch-wide pan and bake in a 350 oven until golden, shaking pan occasionally, 8 to 10 minutes.
- ☐ Pit and coarsely chop apricots; you should have 3 1/3 cups. Stem, seed, and coarsely chop bell peppers; you should have 3 1/3 cups. Seed and finely chop oranges and lemons (including peel); you should have 1 1/3 cups oranges and 1 cup lemons, including juices.
- ☐ In an 8- to 10-quart pan, combine almonds, apricots, bell peppers, oranges, lemons, onions, sugar, vinegar, crystallized ginger, raisins, salt, ground ginger, and garlic. Measure volume (see "Sunset's Canning Tips" Bring to a boil over high heat, stirring occasionally. Reduce heat to medium-high and stir often until mixture is thick and reduced by 1/3, about 35 minutes.
- ☐ Follow steps 5 through 11 of Canning Instructions, leaving 1/2 inch of headspace in each jar and processing jars for 10 minutes (see Notes).
- ☐ Add butter to jams and jellies to prevent foam from forming during cooking. If you omit the butter, skim off the foam before ladling jam or jelly into jars. The recipe will yield about 1/4 cup less.
- ☐ Measure all the sugar into a bowl before beginning the recipe. Many canning recipes call for a large volume of sugar to be added when a mixture is already boiling; measuring ahead simplifies this step and prevents mistakes.

☐ Use a ruler to measure volume. Some recipes call for a mixture to be reduced by a certain amount. To ascertain this easily, insert a clean, wood ruler into the pan before cooking and measure how far up the mixture comes. Then cook as directed until it has reduced by the percentage specified. For example, if uncooked mixture measures 4 inches in pan and recipe says to reduce by half, cook it down to 2 inches.

## Nutrition Facts



### Properties

Glycemic Index:73.08, Glycemic Load:83.04, Inflammation Score:-10, Nutrition Score:35.156956631204%

### Flavonoids

Catechin: 6.66mg, Catechin: 6.66mg, Catechin: 6.66mg, Catechin: 6.66mg Epicatechin: 8.6mg, Epicatechin: 8.6mg, Epicatechin: 8.6mg, Epicatechin: 8.6mg Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg Hesperetin: 26.33mg, Hesperetin: 26.33mg, Hesperetin: 26.33mg, Hesperetin: 26.33mg Naringenin: 8.27mg, Naringenin: 8.27mg, Naringenin: 8.27mg, Naringenin: 8.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 27.84mg, Quercetin: 27.84mg, Quercetin: 27.84mg, Quercetin: 27.84mg

### Nutrients (% of daily need)

Calories: 874.34kcal (43.72%), Fat: 15.12g (23.26%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 183.21g (61.07%), Net Carbohydrates: 167.6g (60.95%), Sugar: 154.97g (172.19%), Cholesterol: 0mg (0%), Sodium: 963.14mg (41.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.07%), Vitamin C: 310.86mg (376.79%), Vitamin A: 9307.04IU (186.14%), Manganese: 1.59mg (79.67%), Vitamin E: 10.64mg (70.91%), Fiber: 15.61g (62.43%), Vitamin B6: 0.97mg (48.52%), Potassium: 1640.82mg (46.88%), Folate: 155.07µg (38.77%), Magnesium: 143.92mg (35.98%), Copper: 0.64mg (31.98%), Vitamin B2: 0.54mg (31.65%), Phosphorus: 300.47mg (30.05%), Vitamin B3: 4.48mg (22.39%), Vitamin B1: 0.32mg (21.35%), Iron: 3.79mg (21.08%), Calcium: 180.08mg (18.01%), Vitamin K: 16.37µg (15.59%), Vitamin B5: 1.49mg (14.93%), Zinc: 2mg (13.33%), Selenium: 3.56µg (5.09%)