



Apricot, Cherry, and Green Chili Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



582 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups cider vinegar
- ☐ 1 cinnamon sticks 3 in.
- ☐ 2.5 cups apricots dried coarsely chopped
- ☐ 1.5 teaspoons mustard seed
- ☐ 1 cup roasted poblano chilies green canned chopped
- ☐ 0.5 cup onion red chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups sugar

☐ 0.5 cup cherries dried sweet chopped

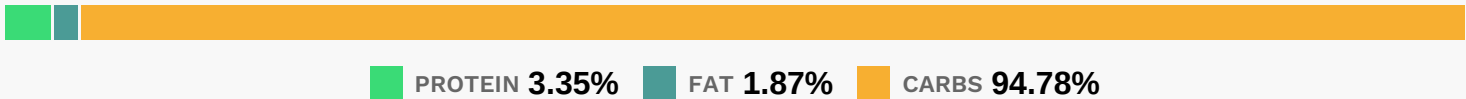
Equipment

☐ frying pan

Directions

- ☐ In a 3- to 4-quart pan over high heat, combine apricots, vinegar, sugar, chilies, cherries, onion, cinnamon, mustard seed, and salt.
- ☐ Bring to a boil. Turn heat to low. Cover and simmer, stirring occasionally, until apricots are soft when pierced, 20 to 25 minutes. Uncover and simmer until most of the liquid evaporates, about 5 minutes longer.
- ☐ Let cool, discard cinnamon, and serve chutney, or cover and chill.

Nutrition Facts



Properties

Glycemic Index:55.12, Glycemic Load:69.36, Inflammation Score:-10, Nutrition Score:17.834348004797%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 582.44kcal (29.12%), Fat: 1.26g (1.94%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 143.64g (47.88%), Net Carbohydrates: 134.78g (49.01%), Sugar: 129.37g (143.75%), Cholesterol: 0mg (0%), Sodium: 456.22mg (19.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.15%), Vitamin A: 3826.46IU (76.53%), Vitamin C: 56.29mg (68.23%), Fiber: 8.86g (35.45%), Manganese: 0.69mg (34.73%), Potassium: 1171.54mg (33.47%), Vitamin E: 3.86mg (25.72%), Iron: 3.23mg (17.95%), Copper: 0.36mg (17.89%), Vitamin B6: 0.34mg (16.79%), Vitamin B3: 2.66mg (13.29%), Magnesium: 45.81mg (11.45%), Phosphorus: 96.66mg (9.67%), Calcium: 87.23mg (8.72%), Vitamin K: 8.18µg (7.79%), Selenium: 4.98µg (7.12%), Vitamin B2: 0.12mg (6.78%), Folate: 22.42µg (5.61%), Vitamin B5: 0.53mg (5.31%), Zinc: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.84%)