



Apricot-Fig Chutney



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



122 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 cups apricots pitted peeled quartered
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 teaspoon cumin
- ☐ 0.5 cup figs dried quartered
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 Dash ground pepper red
- ☐ 1 tablespoon honey

- ☐ 0.5 jalapeño finely chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon mustard seeds
- ☐ 0.5 shallots sliced
- ☐ 0.3 cup sugar
- ☐ 1.5 teaspoons thyme leaves chopped
- ☐ 0.5 cup white wine

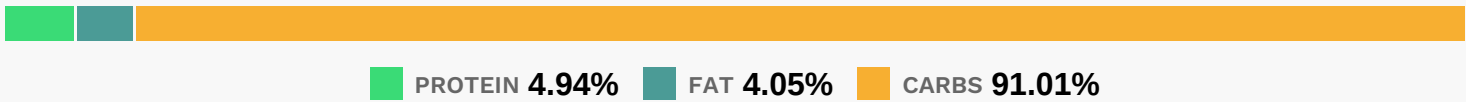
Equipment

- ☐ dutch oven

Directions

- ☐ Combine all ingredients except cilantro in a large Dutch oven over medium heat, and simmer. Cook 15 minutes. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:55.34, Glycemic Load:12.8, Inflammation Score:-8, Nutrition Score:4.7426086456879%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 122.16kcal (6.11%), Fat: 0.55g (0.84%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 25.18g (9.16%), Sugar: 23.37g (25.97%), Cholesterol: 0mg (0%), Sodium: 76.27mg (3.32%), Alcohol:

1.54g (100%), Alcohol %: 1.89% (100%), Protein: 1.5g (3%), Vitamin A: 1161.53IU (23.23%), Vitamin C: 8.64mg (10.48%), Fiber: 2.48g (9.91%), Manganese: 0.19mg (9.71%), Potassium: 278.9mg (7.97%), Copper: 0.1mg (4.96%), Magnesium: 18.61mg (4.65%), Iron: 0.79mg (4.37%), Vitamin E: 0.62mg (4.14%), Vitamin B6: 0.08mg (3.93%), Vitamin K: 4.11µg (3.92%), Phosphorus: 33.36mg (3.34%), Calcium: 31.38mg (3.14%), Vitamin B2: 0.05mg (2.9%), Vitamin B3: 0.54mg (2.69%), Vitamin B1: 0.03mg (2.16%), Folate: 8.43µg (2.11%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.27mg (1.78%), Selenium: 1.11µg (1.59%)