



Apricot-Lemon Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon chili flakes hot
- 1 tablespoon coriander seed
- 1 cup apricots dried
- 1 tablespoon ginger fresh minced
- 6 oz optional: lemon
- 1 tablespoons juice of lemon
- 1 tablespoon mustard seed
- 6 servings salt

0.5 cup sugar

Equipment

frying pan

knife

peeler

Directions

Rinse lemon. With a vegetable peeler, pare yellow skin from lemon and finely chop. With a knife, cut off and discard white pith. Coarsely chop lemon, discarding seeds. In a 1- to 2-quart pan over high heat, bring to a boil 1 cup water, lemon peel, chopped lemon (with juice), dried apricots, sugar, minced fresh ginger, coriander seed, mustard seed, and hot chili flakes. Reduce heat, cover, and simmer for 5 minutes. Uncover and boil over medium heat, stirring often, until most of the liquid is absorbed, 10 to 12 minutes.

Add salt and lemon juice, to taste. Cool.

Serve or cover and chill up to 3 days.

Nutrition Facts


■ PROTEIN 4.38% ■ FAT 6.45% ■ CARBS 89.17%

Properties

Glycemic Index:24, Glycemic Load:16.14, Inflammation Score:-6, Nutrition Score:5.2478260682977%

Flavonoids

Eriodictyol: 6.18mg, Eriodictyol: 6.18mg, Eriodictyol: 6.18mg, Eriodictyol: 6.18mg Hesperetin: 8.27mg, Hesperetin: 8.27mg, Hesperetin: 8.27mg, Hesperetin: 8.27mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 138.35kcal (6.92%), Fat: 1.1g (1.69%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 34.24g (11.41%), Net Carbohydrates: 31.2g (11.35%), Sugar: 29.13g (32.37%), Cholesterol: 0mg (0%), Sodium: 200.13mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin C: 16.57mg (20.09%), Vitamin A: 837.24IU (16.74%), Fiber: 3.04g (12.15%), Potassium: 325.58mg (9.3%), Vitamin E: 1.14mg (7.63%), Selenium: 4.77µg (6.81%),

Manganese: 0.13mg (6.36%), Iron: 1.1mg (6.11%), Copper: 0.11mg (5.54%), Magnesium: 19.64mg (4.91%), Phosphorus: 39.6mg (3.96%), Vitamin B3: 0.72mg (3.62%), Vitamin B6: 0.07mg (3.37%), Calcium: 31.25mg (3.12%), Folate: 8.93µg (2.23%), Vitamin B1: 0.03mg (2.18%), Vitamin B2: 0.03mg (2.02%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.27mg (1.78%)