



Balsamic Fig Chutney with Roasted Grapes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



433 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons aged balsamic vinegar
- ☐ 12 large olives black pitted quartered
- ☐ 2 chai spiced tea bags black
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound figs dried stemmed quartered
- ☐ 3 garlic clove minced
- ☐ 12 large olive green pitted cut into strips (1 cup) (such as Cerignola)
- ☐ 2 spring onion thinly sliced

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons olive oil extra virgin extra-virgin divided
- ☐ 1 cranberry-orange relish
- ☐ 2 cups grapes red seedless stemmed
- ☐ 2 cups water

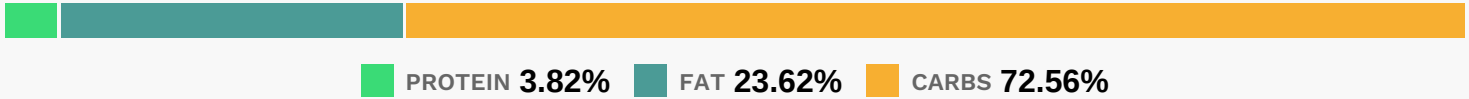
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ peeler

Directions

- ☐ Preheat oven to 425°F.
- ☐ Place grapes on rimmed baking sheet. Toss with 1 teaspoon oil. Roast until shiny and plump, about 10 minutes; set aside.
- ☐ Using vegetable peeler, remove peel (orange part only) from orange in long strips. Thinly slice strips lengthwise. Juice orange. Measure 1/3 cup (reserve leftover juice for another use).
- ☐ Heat 1 teaspoon oil in large saucepan over medium-high heat.
- ☐ Add garlic; stir 30 seconds.
- ☐ Add 2 cups water and tea bags. Increase heat; bring to boil.
- ☐ Remove tea bags, squeezing to release liquid.
- ☐ Add figs to pan; cover. Reduce heat to medium-low; simmer until figs are soft, about 10 minutes. Uncover pan; boil until liquid is reduced almost to glaze and just covers bottom of pan, about 2 minutes.
- ☐ Remove from heat. Stir in remaining ingredients. Fold in grapes, juice, and peel. Ladle into jars. Cool. Cover; chill. DO AHEAD: Can be made 1 month ahead; gently shake jars occasionally. Chill.

Nutrition Facts



Properties

Glycemic Index:146.75, Glycemic Load:39.11, Inflammation Score:-8, Nutrition Score:19.027391102003%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg, Quercetin: 14.06mg

Nutrients (% of daily need)

Calories: 433.02kcal (21.65%), Fat: 12.4g (19.07%), Saturated Fat: 1.77g (11.03%), Carbohydrates: 85.7g (28.57%), Net Carbohydrates: 74.14g (26.96%), Sugar: 69.47g (77.19%), Cholesterol: 0mg (0%), Sodium: 1353.78mg (58.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.02%), Vitamin K: 61.11µg (58.2%), Vitamin C: 47.87mg (58.03%), Fiber: 11.56g (46.25%), Potassium: 1025.86mg (29.31%), Manganese: 0.56mg (28.13%), Copper: 0.51mg (25.34%), Vitamin B6: 0.5mg (25.21%), Vitamin B1: 0.32mg (21.55%), Vitamin E: 3.13mg (20.88%), Vitamin A: 879.14IU (17.58%), Calcium: 175.35mg (17.53%), Magnesium: 69.21mg (17.3%), Vitamin B2: 0.26mg (15.51%), Iron: 2.1mg (11.69%), Folate: 45.58µg (11.39%), Vitamin B5: 0.97mg (9.7%), Phosphorus: 87.8mg (8.78%), Vitamin B3: 1.59mg (7.93%), Zinc: 0.65mg (4.34%), Selenium: 2.09µg (2.98%)