



Beet Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



101 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 inch beets peeled cut into 1/4-inch cubes
- ☐ 1 pinch cumin seeds
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons raisins
- ☐ 1.8 cups onion red chopped
- ☐ 0.5 cup red wine vinegar
- ☐ 3 tablespoons sugar

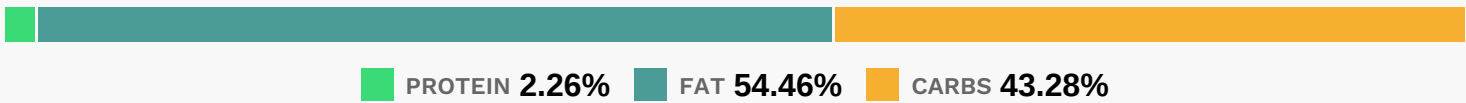
- ☐ 0.5 cup water
- ☐ 1 teaspoon mustard seeds yellow

Equipment

Directions

- ☐ Heat olive oil in heavy medium saucepan over medium heat.
- ☐ Add chopped red onion and beet cubes. Cook until onion is tender but not brown, stirring frequently, about 8 minutes.
- ☐ Add 1/2 cup water. Increase heat to high and boil until mixture is thick, about 5 minutes.
- ☐ Add vinegar, raisins, sugar, ginger, mustard seeds, and pinch of cumin seeds. Reduce heat to medium-low and simmer until beet cubes are tender and chutney is thick, stirring often, about 8 minutes. Season to taste with salt and pepper. Cool. DO AHEAD: Can be made 1 week ahead. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:26.65, Glycemic Load:5.58, Inflammation Score:-2, Nutrition Score:1.7795652055546%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 100.54kcal (5.03%), Fat: 6.2g (9.54%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 10.15g (3.69%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 5.08mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin E: 0.89mg (5.93%), Fiber: 0.94g (3.74%), Vitamin K: 3.76µg (3.58%), Manganese: 0.07mg (3.56%), Vitamin C: 2.71mg (3.29%), Potassium: 98.33mg (2.81%), Vitamin B6: 0.05mg (2.46%), Iron: 0.34mg (1.86%), Folate: 7.27µg (1.82%), Copper: 0.03mg (1.73%), Magnesium: 6.87mg (1.72%), Phosphorus: 17.03mg (1.7%), Vitamin B1: 0.02mg (1.53%), Selenium: 0.91µg (1.3%), Vitamin B2: 0.02mg (1.15%),

Calcium: 11mg (1.1%)