



Bell Pepper and Dried Apricot Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



10

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup apple cider vinegar
- ☐ 1.5 teaspoons curry powder (preferably Madras)
- ☐ 6 oz apricot dried quartered
- ☐ 1 medium onion chopped
- ☐ 1 and orange peppers red cut into 1/2-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

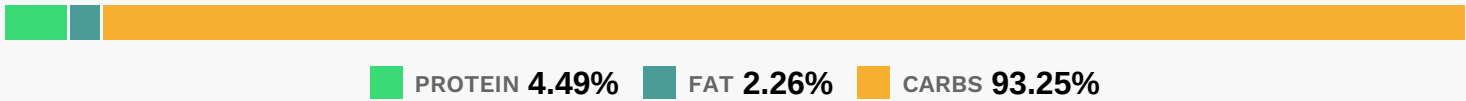
Equipment

☐ sauce pan

Directions

☐ Bring all ingredients to a boil in a nonreactive 2-quart saucepan, stirring occasionally. Reduce heat and simmer, covered, until chutney is thickened but still saucy, about 50 minutes. Cool chutney, uncovered, then chill, covered, stirring occasionally, at least 2 hours (to allow flavors to develop) and up to 1 week.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:7.08, Inflammation Score:-6, Nutrition Score:4.1847826890323%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 72.48kcal (3.62%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 15.94g (5.79%), Sugar: 15.12g (16.8%), Cholesterol: 0mg (0%), Sodium: 62.45mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin A: 988.8IU (19.78%), Vitamin C: 16.25mg (19.7%), Potassium: 256.31mg (7.32%), Fiber: 1.78g (7.11%), Vitamin E: 0.99mg (6.62%), Manganese: 0.13mg (6.27%), Vitamin B6: 0.08mg (3.78%), Iron: 0.65mg (3.64%), Copper: 0.07mg (3.54%), Vitamin B3: 0.58mg (2.9%), Magnesium: 9.75mg (2.44%), Folate: 9.73µg (2.43%), Phosphorus: 20.84mg (2.08%), Vitamin B2: 0.03mg (1.62%), Calcium: 15.85mg (1.58%), Vitamin B5: 0.14mg (1.39%), Vitamin K: 1.45µg (1.38%)