

Blueberry-Chipotle Chutney

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



35 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 cups blueberries fresh
- 2 tablespoons chipotle chiles in adobo sauce canned chopped (2 chiles)
- 1 cup apples i use 2 granny smith apples finely chopped
- 0.5 teaspoon ground ginger
- 0.3 cup honey
- 1 tablespoon mustard seeds
- 3 tablespoons orange rind grated
- 0.5 teaspoon salt

- 0.3 cup sugar
- 0.5 cup citrus champagne vinegar

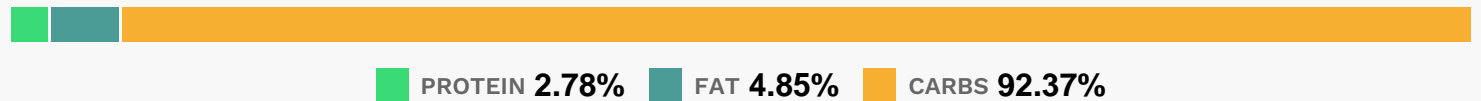
Equipment

- sauce pan

Directions

- Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 25 minutes or until thick, stirring frequently. Cool; pour into airtight containers.
- Note: Refrigerate Blueberry–Chipotle Chutney in airtight containers up to two months.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:4.01, Inflammation Score:-1, Nutrition Score:1.0717391345812%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 35.06kcal (1.75%), Fat: 0.2g (0.31%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 7.89g (2.87%), Sugar: 7.31g (8.13%), Cholesterol: 0mg (0%), Sodium: 37.1mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Manganese: 0.09mg (4.35%), Vitamin K: 3.68µg (3.5%), Vitamin C: 2.8mg (3.39%), Fiber: 0.74g (2.98%), Selenium: 0.8µg (1.14%)