



Blueberry Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1390 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 5.7 lb blueberries fresh frozen
- 3 cups cider vinegar
- 4 cinnamon sticks (each)
- 1 teaspoon coriander seeds
- 6 tablespoons orange peel slivers (1 in. long, colored part only)
- 5 cups sugar
- 1 tablespoon allspice whole
- 4 servings canning instructions

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Equipment

- bowl
- frying pan
- cheesecloth

Directions

- Follow steps 1 through 4 of Canning Instructions, using five pint-size jars.
- Enclose cinnamon, allspice, cloves, and coriander seeds in a double layer of cheesecloth; tie tightly with string.
- In an 8- to 10-quart pan, combine blueberries, sugar, vinegar, spice bag, orange peel, and 1 1/2 cups water. Measure volume (see "Sunset's Canning Tips" below). Bring to a boil over high heat, stirring occasionally. Reduce heat to medium-high and stir often until mixture is thick and reduced by 1/2, about 1 1/2 hours. Lift out and discard spice bag.
- Follow steps 5 through 11 of Canning Instructions, leaving 1/2 inch of headspace in each jar and processing jars for 10 minutes (see Notes).
- Add butter to jams and jellies to prevent foam from forming during cooking. If you omit the butter, skim off the foam before ladling jam or jelly into jars. The recipe will yield about 1/4 cup less.
- Measure all the sugar into a bowl before beginning the recipe. Many canning recipes call for a large volume of sugar to be added when a mixture is already boiling; measuring ahead simplifies this step and prevents mistakes.
- Use a ruler to measure volume. Some recipes call for a mixture to be reduced by a certain amount. To ascertain this easily, insert a clean, wood ruler into the pan before cooking and measure how far up the mixture comes. Then cook as directed until it has reduced by the percentage specified. For example, if uncooked mixture measures 4 inches in pan and recipe says to reduce by half, cook it down to 2 inches.

Nutrition Facts



PROTEIN 1.43% **FAT 2%** **CARBS 96.57%**

Properties

Glycemic Index:42.52, Glycemic Load:206.48, Inflammation Score:-9, Nutrition Score:25.751304470974%

Flavonoids

Cyanidin: 54.36mg, Cyanidin: 54.36mg, Cyanidin: 54.36mg, Cyanidin: 54.36mg Petunidin: 202.61mg, Petunidin: 202.61mg, Petunidin: 202.61mg, Petunidin: 202.61mg Delphinidin: 227.67mg, Delphinidin: 227.67mg, Delphinidin: 227.67mg, Delphinidin: 227.67mg Malvidin: 434.33mg, Malvidin: 434.33mg, Malvidin: 434.33mg, Malvidin: 434.33mg Peonidin: 130.38mg, Peonidin: 130.38mg, Peonidin: 130.38mg, Peonidin: 130.38mg Catechin: 33.99mg, Catechin: 33.99mg, Catechin: 33.99mg, Catechin: 33.99mg Epigallocatechin: 4.24mg, Epigallocatechin: 4.24mg, Epigallocatechin: 4.24mg, Epigallocatechin: 4.24mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 10.67mg, Kaempferol: 10.67mg, Kaempferol: 10.67mg, Kaempferol: 10.67mg Myricetin: 8.35mg, Myricetin: 8.35mg, Myricetin: 8.35mg, Myricetin: 8.35mg Quercetin: 49.29mg, Quercetin: 49.29mg, Quercetin: 49.29mg, Quercetin: 49.29mg Gallic acid: 0.77mg, Gallic acid: 0.77mg, Gallic acid: 0.77mg, Gallic acid: 0.77mg

Nutrients (% of daily need)

Calories: 1389.89kcal (69.49%), Fat: 3.22g (4.96%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 350.45g (116.82%), Net Carbohydrates: 331.63g (120.59%), Sugar: 314.29g (349.22%), Cholesterol: 0mg (0%), Sodium: 20.03mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Manganese: 3.29mg (164.39%), Vitamin K: 125.11µg (119.15%), Vitamin C: 75.5mg (91.51%), Fiber: 18.82g (75.29%), Vitamin E: 3.77mg (25.11%), Copper: 0.43mg (21.64%), Potassium: 689.42mg (19.7%), Vitamin B2: 0.32mg (19%), Vitamin B6: 0.36mg (17.96%), Vitamin B1: 0.25mg (16.82%), Iron: 2.85mg (15.84%), Vitamin B3: 2.87mg (14.37%), Magnesium: 55.61mg (13.9%), Calcium: 118.28mg (11.83%), Folate: 42.1µg (10.52%), Phosphorus: 99.6mg (9.96%), Vitamin B5: 0.85mg (8.53%), Zinc: 1.25mg (8.35%), Vitamin A: 404.57IU (8.09%), Selenium: 2.7µg (3.86%)