



Bramley & walnut chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



2

CALORIES



2085 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.6 kg bramley apples cored peeled chopped
- 500 g eating apple cored peeled sliced
- 450 g onion halved sliced
- 1 large chilli red deseeded chopped
- 500 g muscovado sugar light
- 250 ml cider vinegar
- 100 g raisin
- 85 g stem ginger chopped

- 1 tsp ground cinnamon
- 1 tsp salt
- 85 g walnut

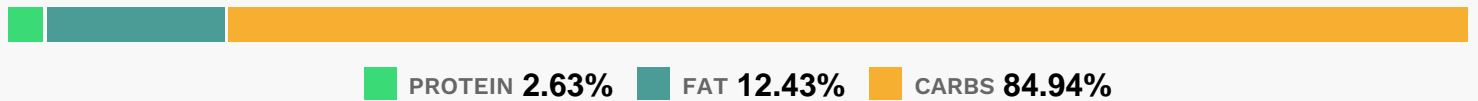
Equipment

- frying pan
- pot
- wooden spoon

Directions

- Tip all the ingredients, except the walnuts, into a preserving pan. Warm over a low heat, stirring occasionally, until the sugar dissolves. Turn up the heat a little, then let the mixture boil until the Bramley apples have broken down to a pulp, but the eating apples still hold their shape. This can take from 45 mins to 1 hr. You can tell that it is ready by running your wooden spoon through the mixture. Your spoon should briefly leave a channel in the mixture, and there shouldnt be liquid pooling into the space.
- Meanwhile, tip the walnuts into a small pan and cook over a low heat until they are lightly toasted, stirring frequently to ensure that they dont burn. Sterilise your jars.
- When the chutney is ready, stir in the walnuts and cook briefly, then pot the mixture into the jars. Will keep for at least a year.

Nutrition Facts



Properties

Glycemic Index:137.4, Glycemic Load:66.84, Inflammation Score:-10, Nutrition Score:39.392608932827%

Flavonoids

Cyanidin: 17.64mg, Cyanidin: 17.64mg, Cyanidin: 17.64mg, Cyanidin: 17.64mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 13.65mg, Catechin: 13.65mg, Catechin: 13.65mg, Catechin: 13.65mg Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg, Epigallocatechin: 2.73mg Epicatechin: 79.07mg, Epicatechin: 79.07mg, Epicatechin: 79.07mg, Epicatechin: 79.07mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-

gallate: 2mg, Epigallocatechin 3-gallate: 2mg, Epigallocatechin 3-gallate: 2mg, Epigallocatechin 3-gallate: 2mg
Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin:
1.3mg, Luteolin: 1.3mg Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg, Isorhamnetin: 11.27mg
Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.07mg, Myricetin:
0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 87.78mg, Quercetin: 87.78mg, Quercetin: 87.78mg,
Quercetin: 87.78mg

Nutrients (% of daily need)

Calories: 2084.68kcal (104.23%), Fat: 30.42g (46.81%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 467.98g
(155.99%), Net Carbohydrates: 430.83g (156.66%), Sugar: 364.8g (405.33%), Cholesterol: 0mg (0%), Sodium:
1281.08mg (55.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.47g (28.94%), Manganese: 3.09mg
(154.3%), Fiber: 37.15g (148.6%), Vitamin C: 102.71mg (124.5%), Potassium: 2731.27mg (78.04%), Copper: 1.46mg
(72.8%), Vitamin B6: 1.31mg (65.46%), Magnesium: 210.22mg (52.56%), Calcium: 410.44mg (41.04%), Phosphorus:
410.36mg (41.04%), Iron: 6.9mg (38.31%), Vitamin B1: 0.51mg (34%), Folate: 129.83µg (32.46%), Vitamin B2: 0.52mg
(30.75%), Vitamin K: 28.75µg (27.38%), Zinc: 2.56mg (17.07%), Vitamin E: 2.53mg (16.86%), Vitamin B5: 1.65mg
(16.48%), Vitamin A: 798.03IU (15.96%), Vitamin B3: 3.14mg (15.7%), Selenium: 7.09µg (10.12%)