



## Caramelized Cranberry-Apple Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



384 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 cooking apples
- 2 cups cranberries fresh
- 2 jalapeño peppers
- 1 optional: lemon
- 1 cranberry-orange relish
- 1 cup sugar

### Equipment

- sauce pan

# Directions

- Peel and dice apples; seed and dice orange and lemon (do not peel). Seed and chop jalapeo peppers.
- Cook sugar in a heavy saucepan over medium heat, stirring constantly, until sugar melts and turns a deep-golden color. Carefully stir in apple, orange, lemon, and pepper (mixture will lump but become smooth with further cooking); reduce heat, and simmer, stirring constantly, 5 to 8 minutes or until apple is tender. Stir in cranberries, and simmer, stirring often, 5 to 8 more minutes or until about half of cranberries have popped.
- Remove from heat; cool. Cover and chill up to 1 week.

# Nutrition Facts



# Properties

Glycemic Index:82.36, Glycemic Load:55.94, Inflammation Score:-6, Nutrition Score:9.5434782297715%

# Flavonoids

Cyanidin: 32.86mg, Cyanidin: 32.86mg, Cyanidin: 32.86mg, Cyanidin: 32.86mg Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 32.8mg, Peonidin: 32.8mg, Peonidin: 32.8mg, Peonidin: 32.8mg Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg, Catechin: 1.84mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 12.05mg, Epicatechin: 12.05mg, Epicatechin: 12.05mg, Epicatechin: 12.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg, Epigallocatechin 3-gallate: 0.88mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 21.94mg, Hesperetin: 21.94mg, Hesperetin: 21.94mg, Hesperetin: 21.94mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 4.67mg, Myricetin: 4.67mg, Myricetin: 4.67mg, Myricetin: 4.67mg Quercetin: 15.84mg, Quercetin: 15.84mg, Quercetin: 15.84mg, Quercetin: 15.84mg

# Nutrients (% of daily need)

Calories: 384.1kcal (19.2%), Fat: 0.7g (1.08%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 100.26g (33.42%), Net Carbohydrates: 92.63g (33.68%), Sugar: 87.37g (97.07%), Cholesterol: 0mg (0%), Sodium: 4.21mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin C: 68.29mg (82.78%), Fiber: 7.63g (30.52%),

Manganese: 0.32mg (15.8%), Vitamin E: 1.57mg (10.43%), Potassium: 336.36mg (9.61%), Vitamin B6: 0.18mg (9.09%), Vitamin K: 7.73µg (7.36%), Vitamin A: 312.3IU (6.25%), Folate: 23.89µg (5.97%), Vitamin B1: 0.08mg (5.65%), Copper: 0.11mg (5.6%), Vitamin B2: 0.09mg (5.22%), Vitamin B5: 0.48mg (4.78%), Magnesium: 18.71mg (4.68%), Calcium: 41.23mg (4.12%), Phosphorus: 34.98mg (3.5%), Iron: 0.62mg (3.42%), Vitamin B3: 0.46mg (2.28%), Selenium: 0.87µg (1.24%), Zinc: 0.18mg (1.2%)