



Charred Lemon-Shallot Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



81 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup aged balsamic vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 large optional: lemon cut into 1/4" rounds
- ☐ 0.8 cup olive oil extra virgin extra-virgin divided
- ☐ 7 servings pepper black freshly ground fine
- ☐ 4 medium shallots cut into 1/2" slices
- ☐ 2 tablespoons sugar

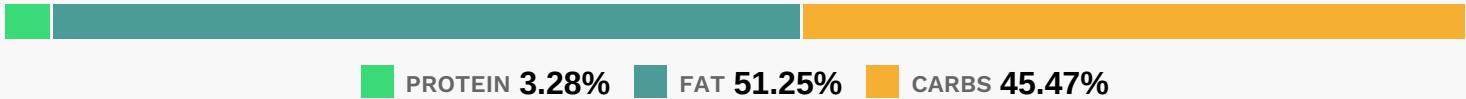
Equipment

- ☐ bowl
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler. Line a rimmed baking sheet with foil. Toss lemon, shallots, sugar, and 1/4 cup oil in a large bowl to coat. Season with salt and pepper.
- ☐ Spread mixture out evenly on prepared sheet; set bowl aside.
- ☐ Broil lemon-shallot mixture until beginning to char in spots, 8–10 minutes. Turn lemon rounds and shallot slices over and broil until almost completely charred, 6 minutes, watching closely (once they begin to char, they can darken very quickly; discard any burnt lemon or shallot).
- ☐ Let cool.
- ☐ Coarsely chop mixture.
- ☐ Place in reserved bowl and stir in vinegar, chives, Dijon mustard, and remaining 1/2 cup oil. Season with salt and pepper. DO AHEAD: Chutney can be made 5 days ahead. Cover and chill. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:40.66, Glycemic Load:4.29, Inflammation Score:-2, Nutrition Score:2.2104347723982%

Flavonoids

Eriodictyol: 3.3mg, Eriodictyol: 3.3mg, Eriodictyol: 3.3mg, Eriodictyol: 3.3mg Hesperetin: 4.3mg, Hesperetin: 4.3mg, Hesperetin: 4.3mg, Hesperetin: 4.3mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 80.94kcal (4.05%), Fat: 4.76g (7.32%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.78g (7.54%), Cholesterol: 0mg (0%), Sodium: 20.7mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.37%), Vitamin C: 9.82mg (11.91%), Vitamin E: 0.7mg (4.69%), Vitamin K: 4.91µg (4.68%), Manganese: 0.08mg (4.21%), Fiber: 1g (3.99%), Vitamin B6: 0.06mg (3.2%), Potassium: 88.73mg (2.54%), Iron: 0.43mg (2.36%), Folate: 7.57µg (1.89%), Magnesium: 6.91mg (1.73%), Phosphorus: 15.55mg (1.55%), Calcium: 14.79mg (1.48%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.21%), Selenium: 0.75µg (1.07%)