



Cherry Chutney

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



534 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 tablespoons balsamic vinegar
- 2 teaspoons brown sugar
- 2 tablespoons butter
- 0.5 cup cherries dried coarsely chopped
- 0.3 cup green onions thinly sliced
- 1.5 cups bell pepper diced red
- 1 serving salt and pepper to taste
- 1 teaspoon thyme leaves finely chopped

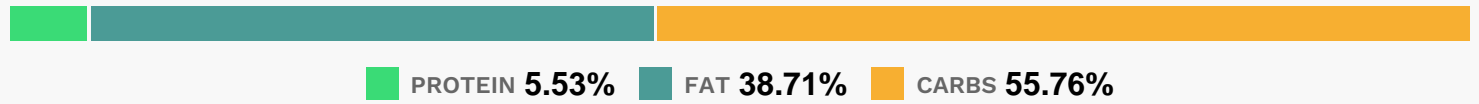
Equipment

frying pan

Directions

- Melt butter in a large skillet over medium heat. Stir in bell pepper and green onions; cook, stirring occasionally, 12 to 15 minutes or until browned and tender. Stir in cherries, balsamic vinegar, brown sugar, and thyme. Cook, stirring often, 2 to 5 minutes or until slightly thickened.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:209, Glycemic Load:7.38, Inflammation Score:-10, Nutrition Score:23.436956734761%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.27mg, Luteolin: 2.27mg, Luteolin: 2.27mg, Luteolin: 2.27mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 534.26kcal (26.71%), Fat: 23.46g (36.09%), Saturated Fat: 14.54g (90.88%), Carbohydrates: 76.05g (25.35%), Net Carbohydrates: 64.72g (23.53%), Sugar: 56.3g (62.55%), Cholesterol: 60.2mg (20.07%), Sodium: 409.93mg (17.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.09%), Vitamin C: 293.98mg (356.34%), Vitamin A: 10193.29IU (203.87%), Vitamin K: 64.66µg (61.58%), Fiber: 11.33g (45.31%), Vitamin B6: 0.68mg (33.84%), Folate: 120.63µg (30.16%), Vitamin E: 4.32mg (28.79%), Manganese: 0.39mg (19.66%), Potassium: 623.92mg (17.83%), Iron: 3.07mg (17.06%), Vitamin B2: 0.23mg (13.47%), Calcium: 122.73mg (12.27%), Vitamin B3: 2.38mg (11.88%), Magnesium: 42.06mg (10.52%), Vitamin B1: 0.14mg (9.12%), Phosphorus: 85.64mg (8.56%), Vitamin B5: 0.78mg (7.77%), Zinc: 0.76mg (5.06%), Copper: 0.09mg (4.31%), Selenium: 0.75µg (1.07%)