



Chunky Peach Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



25

CALORIES



172 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 1 cup brown sugar light packed
- ☐ 1 cup cherries dried pitted
- ☐ 2 tablespoons ginger fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 2 apples i use 2 granny smith apples chopped
- ☐ 1 cup granulated sugar
- ☐ 0.3 cup juice of lime fresh (2 limes)

- ☐ 2 tablespoons olive oil
- ☐ 4 pounds peaches cut into chunks (do not peel)
- ☐ 0.8 cup pecans toasted chopped
- ☐ 1 teaspoon salt
- ☐ 2 medium size onion sweet chopped
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 2 cups citrus champagne vinegar

Equipment

- ☐ dutch oven

Directions

- ☐ Saut first 3 ingredients in hot oil in a Dutch oven over medium-high heat 3 to 5 minutes. Stir in peaches and next 9 ingredients, and cook, stirring occasionally, until sugar dissolves. Bring to a boil, reduce heat, and simmer, stirring occasionally, 1 hour or until thickened. (Do not cook until fruit is mushy.) Stir in pecans.
- ☐ *Apple cider or juice may be substituted for brandy.

Nutrition Facts



Properties

Glycemic Index:8.49, Glycemic Load:8.68, Inflammation Score:-5, Nutrition Score:4.0813043946805%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol:

0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 171.89kcal (8.59%), Fat: 3.56g (5.48%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.76g (11.55%), Sugar: 29.89g (33.21%), Cholesterol: 0mg (0%), Sodium: 109.88mg (4.78%), Alcohol: 0.4g (100%), Alcohol %: 0.31% (100%), Protein: 1.58g (3.17%), Manganese: 0.23mg (11.52%), Fiber: 2.57g (10.29%), Vitamin A: 419.74IU (8.39%), Vitamin C: 5.88mg (7.13%), Copper: 0.12mg (6.11%), Vitamin E: 0.82mg (5.48%), Potassium: 174.49mg (4.99%), Vitamin B6: 0.07mg (3.71%), Iron: 0.67mg (3.7%), Magnesium: 14.66mg (3.67%), Phosphorus: 35.96mg (3.6%), Vitamin B3: 0.7mg (3.5%), Vitamin B1: 0.05mg (3.46%), Vitamin K: 3.56µg (3.39%), Folate: 11.93µg (2.98%), Selenium: 1.98µg (2.83%), Calcium: 25.2mg (2.52%), Zinc: 0.36mg (2.4%), Vitamin B2: 0.04mg (2.26%), Vitamin B5: 0.19mg (1.94%)