



Chunky Peach-Ginger Chutney

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



120 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup brown sugar light packed
- 0.3 cup apple cider vinegar
- 0.3 cup candied ginger
- 0.3 cup flour all-purpose
- 1 cup golden raisins
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger

- 1 teaspoon mustard seeds
- 2 cups onion chopped
- 4 cups peaches fresh peeled sliced

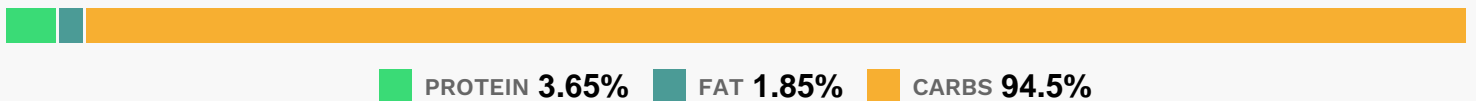
Equipment

- bowl
- frying pan
- knife
- whisk
- measuring cup
- slow cooker

Directions

- Place a large nonstick skillet over medium-high heat.
- Add chopped onion, and saut 5 minutes or until tender.
- Place onion, peaches, and next 7 ingredients (through cloves) in a 3-quart electric slow cooker; stir well. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and vinegar in a small bowl; stir with a whisk until well blended.
- Add flour mixture to peach mixture; stir well. Cover and cook on LOW for 5 hours.

Nutrition Facts



Properties

Glycemic Index:15.24, Glycemic Load:6.72, Inflammation Score:-2, Nutrition Score:2.7691304476365%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,

Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg
Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg,
Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 120.03kcal (6%), Fat: 0.26g (0.4%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 29.84g (9.95%), Net
Carbohydrates: 28.45g (10.35%), Sugar: 24.47g (27.19%), Cholesterol: 0mg (0%), Sodium: 11.43mg (0.5%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.31%), Manganese: 0.16mg (7.91%), Fiber: 1.39g (5.57%),
Potassium: 169.54mg (4.84%), Copper: 0.08mg (4.1%), Vitamin C: 3.36mg (4.08%), Vitamin B6: 0.07mg (3.54%),
Selenium: 2.23µg (3.19%), Iron: 0.57mg (3.15%), Phosphorus: 29.36mg (2.94%), Vitamin B3: 0.58mg (2.92%),
Magnesium: 11.03mg (2.76%), Vitamin B2: 0.05mg (2.65%), Folate: 10.42µg (2.6%), Vitamin A: 126.13IU (2.52%),
Vitamin B1: 0.04mg (2.41%), Calcium: 23.99mg (2.4%), Vitamin E: 0.31mg (2.07%), Vitamin K: 1.62µg (1.55%), Vitamin
B5: 0.13mg (1.25%), Zinc: 0.19mg (1.24%)