



Courgette & tomato chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



185 min.

SERVINGS



2

CALORIES



1760 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 500 ml citrus champagne vinegar
- ☐ 400 g brown sugar (any brown sugar will work)
- ☐ 1 tbsp spice mixed
- ☐ 2 tbsp mustard seeds yellow
- ☐ 1 cinnamon sticks
- ☐ 4 onion chopped
- ☐ 1 kg zucchini diced
- ☐ 1 kg tomatoes chopped

- ☐ 4 apples diced peeled
- ☐ 300 g golden raisins

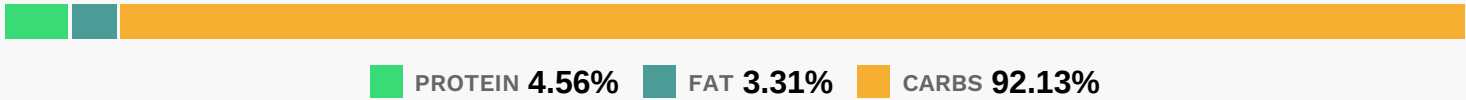
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Put the vinegar, 300ml water, sugar and spices in a very large pan.
- ☐ Heat, stirring, until the sugar dissolves then add the rest of the ingredients with a tsp of salt.
- ☐ Bring back to a simmer then simmer uncovered for 2 1/2 hours until darkened, thick and chutney-like.
- ☐ To sterilise the jars, wash thoroughly in very hot soapy water. Rinse in very hot water then put on a baking sheet in a 140C/fan 120C/gas 1 oven until completely dry.
- ☐ Pour the chutney into the sterilised jars while still hot, seal and leave in a cool dark place for at least 3 weeks before opening.

Nutrition Facts



Properties

Glycemic Index:86.83, Glycemic Load:88.73, Inflammation Score:-10, Nutrition Score:57.313912433127%

Flavonoids

Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg, Cyanidin: 5.71mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg, Catechin: 4.73mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg, Epicatechin: 27.41mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Naringenin: 3.4mg, Naringenin: 3.4mg, Naringenin: 3.4mg, Naringenin: 3.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg

Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 6.45mg, Kaempferol: 6.45mg, Kaempferol: 6.45mg, Kaempferol: 6.45mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 69.06mg, Quercetin: 69.06mg, Quercetin: 69.06mg, Quercetin: 69.06mg

Nutrients (% of daily need)

Calories: 1759.85kcal (87.99%), Fat: 6.81g (10.48%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 427.2g (142.4%), Net Carbohydrates: 395.58g (143.85%), Sugar: 356.32g (395.91%), Cholesterol: 0mg (0%), Sodium: 174.2mg (7.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.13g (42.26%), Vitamin C: 198.3mg (240.37%), Manganese: 3.51mg (175.38%), Potassium: 4758.1mg (135.95%), Fiber: 31.62g (126.47%), Vitamin B6: 2.23mg (111.73%), Vitamin A: 5380.91IU (107.62%), Magnesium: 294.24mg (73.56%), Copper: 1.47mg (73.45%), Vitamin K: 76.88µg (73.22%), Phosphorus: 671.37mg (67.14%), Folate: 265.25µg (66.31%), Vitamin B2: 1.03mg (60.4%), Iron: 10.66mg (59.21%), Calcium: 517.85mg (51.78%), Vitamin B1: 0.64mg (42.67%), Vitamin B3: 8.13mg (40.67%), Vitamin E: 4.6mg (30.65%), Zinc: 4.07mg (27.14%), Selenium: 18.99µg (27.13%), Vitamin B5: 2.49mg (24.89%)