



Cran-Apple Chutney



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



140 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup apple juice fresh
- ☐ 4 oz cranberries fresh thawed
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 32 oz royal gala apples
- ☐ 0.7 cup brown sugar light
- ☐ 1.5 teaspoons mustard seeds
- ☐ 1 medium onion coarsely chopped
- ☐ 1 tablespoon rice vinegar

☐ 2 tablespoons butter unsalted melted

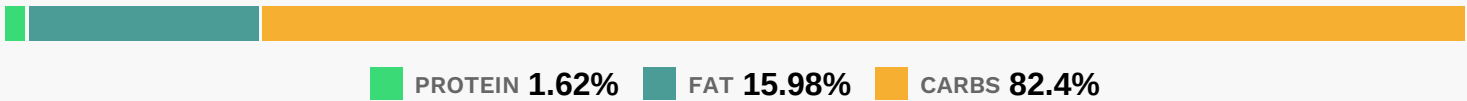
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Arrange a rack in upper third of oven and preheat oven to 400F. Peel, core and quarter 4 medium Royal Gala apples (8 oz. each), and cut them into 1/2-inch cubes.
- ☐ Place in a 13-by-9-inch glass baking dish.
- ☐ Add 1 coarsely chopped medium onion, 2/3 cup light brown sugar, 1/3 cup fresh apple cider or apple juice, 2 Tbsp. peeled, minced fresh ginger, 2 Tbsp. melted unsalted butter, 1 Tbsp. white wine vinegar or rice vinegar and 1 1/2 tsp. mustard seeds. Stir to mix and then spread evenly in dish.
- ☐ Bake, stirring occasionally, for 1 hour. Stir in 1 cup fresh or thawed cranberries (4 oz.) and bake until cranberries are softened, about 20 minutes.
- ☐ Serve warm or at room temperature with roasted or grilled pork or poultry.

Nutrition Facts



Properties

Glycemic Index:15.98, Glycemic Load:4.35, Inflammation Score:-3, Nutrition Score:2.7413043191899%

Flavonoids

Cyanidin: 6.69mg, Cyanidin: 6.69mg, Cyanidin: 6.69mg, Cyanidin: 6.69mg Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg, Delphinidin: 0.87mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 5.59mg, Peonidin: 5.59mg, Peonidin: 5.59mg, Peonidin: 5.59mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 7.7mg, Epicatechin: 7.7mg, Epicatechin: 7.7mg, Epicatechin: 7.7mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 139.91kcal (7%), Fat: 2.63g (4.05%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 27.69g (10.07%), Sugar: 25.42g (28.25%), Cholesterol: 6.02mg (2.01%), Sodium: 6.66mg (0.29%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.6g (1.2%), Fiber: 2.87g (11.48%), Vitamin C: 6.75mg (8.19%), Manganese: 0.12mg (5.85%), Potassium: 160.04mg (4.57%), Vitamin B6: 0.07mg (3.42%), Vitamin E: 0.41mg (2.72%), Vitamin K: 2.83µg (2.69%), Magnesium: 10.41mg (2.6%), Vitamin A: 126.2IU (2.52%), Copper: 0.05mg (2.48%), Calcium: 23.87mg (2.39%), Phosphorus: 20.55mg (2.05%), Vitamin B2: 0.03mg (1.93%), Vitamin B1: 0.03mg (1.84%), Iron: 0.33mg (1.83%), Selenium: 1.22µg (1.75%), Folate: 6.04µg (1.51%), Vitamin B5: 0.14mg (1.35%)