



## Cran-Pineapple Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



70

CALORIES



15 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 12 cardamom pods crushed
- 0.3 cup cider vinegar
- 1 cup cranberries fresh frozen thawed
- 2 tablespoons crystallized ginger finely chopped
- 1 small bell pepper green finely chopped
- 1.5 pounds golden pineapple cored peeled cut into 1/2-inch pieces (4 cups)
- 70 servings salt
- 0.5 cup sugar

- 1 small onion sweet such as vidalia or maui, finely chopped

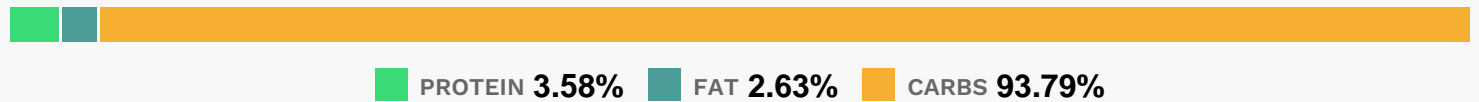
## Equipment

- sauce pan

## Directions

- In a large saucepan, combine the pineapple with the onion, bell pepper, sugar, vinegar, cardamom and ginger and let stand at room temperature for 1 hour, stirring occasionally. Bring to a boil over high heat, stirring occasionally.
- Add the cranberries and cook over moderately low heat until the pineapple is translucent and the cranberries have popped, about 40 minutes. Season with salt; let cool.
- Transfer to jars and refrigerate.
- Make Ahead: The chutney can be refrigerated for 1 month.

## Nutrition Facts



## Properties

Glycemic Index:3.27, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:1.1530434591291%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 14.96kcal (0.75%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0.02%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.4g (1.24%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 194.5mg (8.46%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Manganese: 0.2mg (9.98%), Vitamin C: 5.99mg (7.27%),  
Fiber: 0.34g (1.38%), Vitamin B6: 0.02mg (1.05%)