



Cranberry-and-Apricot Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup apple cider
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 cinnamon sticks
- ☐ 2 cups cranberries fresh
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons crystallized ginger chopped
- ☐ 6 oz apricots dried quartered
- ☐ 1 pinch ground allspice

- ☐ 1 cup brown sugar light packed
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup orange bell pepper red chopped
- ☐ 8 servings salt

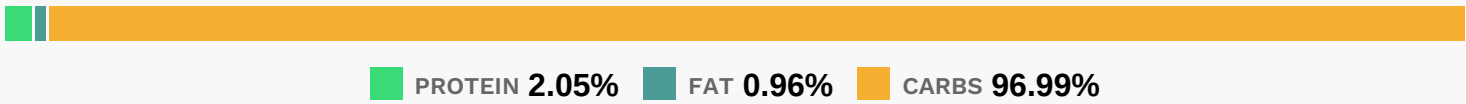
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, bring all ingredients to a boil over high heat, stirring occasionally. Reduce heat to medium and simmer, stirring occasionally, for 20 minutes. (It's not necessary to thaw frozen cranberries; just cook mixture longer.)
- ☐ Remove and discard cinnamon stick. Cool mixture to room temperature and store, tightly covered, in refrigerator, where it will thicken.
- ☐ Serve chutney chilled or at room temperature. (Chutney can be made and kept, refrigerated, up to 2 weeks ahead.)

Nutrition Facts



Properties

Glycemic Index:29.77, Glycemic Load:6.46, Inflammation Score:-6, Nutrition Score:5.3613043349722%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg

1.66mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 196.01kcal (9.8%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 50.06g (16.69%), Net Carbohydrates: 47.04g (17.11%), Sugar: 44.42g (49.35%), Cholesterol: 0mg (0%), Sodium: 207.65mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin A: 996.06IU (19.92%), Vitamin C: 12.44mg (15.08%), Manganese: 0.29mg (14.61%), Fiber: 3.01g (12.06%), Potassium: 364.7mg (10.42%), Vitamin E: 1.39mg (9.25%), Copper: 0.11mg (5.5%), Iron: 0.96mg (5.33%), Calcium: 46.25mg (4.62%), Vitamin B6: 0.09mg (4.47%), Magnesium: 14.43mg (3.61%), Vitamin B3: 0.71mg (3.55%), Vitamin B5: 0.26mg (2.64%), Phosphorus: 25.65mg (2.57%), Vitamin K: 2.44µg (2.33%), Vitamin B2: 0.03mg (1.98%), Folate: 6.83µg (1.71%), Selenium: 0.93µg (1.32%), Vitamin B1: 0.02mg (1.27%), Zinc: 0.16mg (1.07%)