



Cranberry, Apple, and Fresh Ginger Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



214 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 cup brown sugar packed
- ☐ 0.5 cup celery finely chopped
- ☐ 4 cups cranberries fresh
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 0.5 cup apples i use 2 granny smith apples chopped
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 cup onion minced

- ☐ 1 cup raisins
- ☐ 1 cup water
- ☐ 0.5 cup sugar white

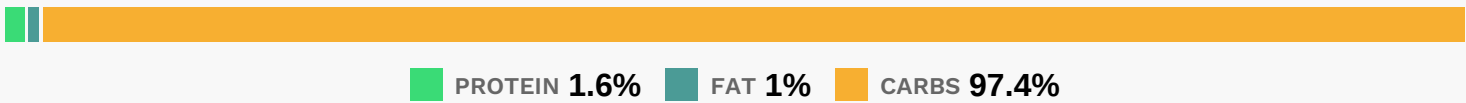
Equipment

- ☐ sauce pan

Directions

- ☐ Combine the cranberries, raisins, white sugar, brown sugar, cinnamon, ginger, cloves and water in a saucepan. Bring to a boil, then simmer over low heat until berries start to pop, about 5 minutes.
- ☐ Add the onion, apple, and celery; continue to cook, stirring occasionally, until the mixture begins to thicken, 5 to 10 more minutes.
- ☐ Transfer to a container and cool slightly. Refrigerate overnight to allow the flavors to blossom.

Nutrition Facts



Properties

Glycemic Index:35.61, Glycemic Load:18.79, Inflammation Score:-3, Nutrition Score:4.3756521447845%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

Nutrients (% of daily need)

Calories: 213.7kcal (10.69%), Fat: 0.25g (0.39%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 51.81g (18.84%), Sugar: 35.95g (39.95%), Cholesterol: 0mg (0%), Sodium: 19.24mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Manganese: 0.39mg (19.49%), Fiber: 3.78g (15.13%), Vitamin C: 9.31mg (11.28%), Potassium: 260.41mg (7.44%), Copper: 0.11mg (5.44%), Vitamin E: 0.71mg (4.74%), Vitamin B6: 0.09mg (4.62%), Iron: 0.83mg (4.61%), Vitamin K: 4.81µg (4.58%), Calcium: 37.94mg (3.79%), Magnesium: 13.24mg (3.31%), Vitamin B2: 0.05mg (3.18%), Phosphorus: 25.66mg (2.57%), Vitamin B1: 0.03mg (2.26%), Vitamin B5: 0.22mg (2.18%), Vitamin B3: 0.32mg (1.62%), Folate: 5.73µg (1.43%), Vitamin A: 64.34IU (1.29%)