



Cranberry-Apricot Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



363 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 12 oz cranberries fresh
- ☐ 0.3 cup apricots dried coarsely chopped
- ☐ 0.3 cup currants dried
- ☐ 0.3 cup golden raisins
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup sugar
- ☐ 2 tangerines ()

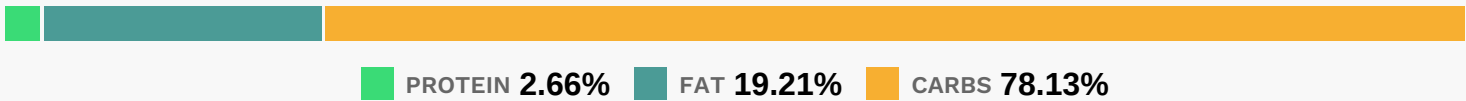
Equipment

- ☐ frying pan

Directions

- ☐ Sort cranberries, discarding any bruised or decayed fruit. Rinse berries.
- ☐ In a 3- to 4-quart pan over medium-high heat, bring 1 cup water, cranberries, sugar, apricots, currants, raisins, and vinegar to a boil, stirring often. Reduce heat and simmer, stirring occasionally, until cranberries begin to pop, 5 to 8 minutes.
- ☐ Meanwhile, pull off peel and white membrane fibers from tangerines; discard peel and fibers. Separate segments and coarsely chop, discarding seeds.
- ☐ Add tangerines and juice to pan; simmer to blend flavors, 2 to 3 minutes.
- ☐ Stir in pecans.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:66.43, Glycemic Load:40.27, Inflammation Score:-6, Nutrition Score:8.9647827252098%

Flavonoids

Cyanidin: 32.76mg, Cyanidin: 32.76mg, Cyanidin: 32.76mg, Cyanidin: 32.76mg Delphinidin: 6.01mg, Delphinidin: 6.01mg, Delphinidin: 6.01mg, Delphinidin: 6.01mg Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg, Malvidin: 0.3mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg, Peonidin: 33.45mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 3.06mg, Epicatechin: 3.06mg, Epicatechin: 3.06mg, Epicatechin: 3.06mg Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg, Hesperetin: 2.79mg Naringenin: 3.53mg, Naringenin: 3.53mg, Naringenin: 3.53mg, Naringenin: 3.53mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg Quercetin: 10.33mg, Quercetin: 10.33mg, Quercetin: 10.33mg, Quercetin: 10.33mg

Nutrients (% of daily need)

Calories: 362.82kcal (18.14%), Fat: 8.28g (12.74%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 75.8g (25.27%), Net Carbohydrates: 70.22g (25.54%), Sugar: 64.28g (71.42%), Cholesterol: 0mg (0%), Sodium: 10.09mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Manganese: 0.85mg (42.72%), Vitamin C: 19.89mg (24.11%), Fiber: 5.57g (22.28%), Copper: 0.28mg (14.08%), Vitamin A: 605.99IU (12.12%), Potassium: 412.76mg (11.79%), Vitamin E: 1.52mg (10.12%), Vitamin B6: 0.16mg (8.06%), Magnesium: 31.88mg (7.97%), Vitamin B1: 0.12mg (7.86%), Phosphorus: 72.71mg (7.27%), Iron: 1.14mg (6.31%), Vitamin B2: 0.09mg (5.09%), Calcium: 46.56mg (4.66%), Zinc: 0.69mg (4.59%), Vitamin K: 4.71µg (4.48%), Vitamin B5: 0.43mg (4.33%), Vitamin B3: 0.82mg (4.09%), Folate: 10.83µg (2.71%), Selenium: 1.08µg (1.55%)