



Cranberry Black Pepper Chutney

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



157 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon cider vinegar
- 6 ounces cranberries fresh thawed (not ; 2 cups)
- 0.8 teaspoon cracked pepper black
- 0.3 teaspoon salt
- 0.3 cup shallots finely chopped
- 0.5 cup sugar
- 1 tablespoon butter unsalted
- 0.3 cup water

Equipment

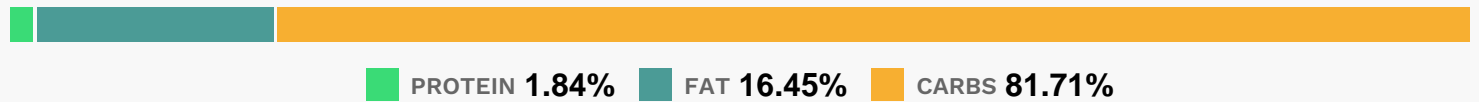
sauce pan

Directions

Cook shallot in butter in a 1 1/2-quart heavy saucepan over moderate heat, stirring occasionally, until golden, 3 to 5 minutes. Stir in remaining ingredients and simmer, uncovered, stirring occasionally, until berries have burst and chutney is thickened, about 20 minutes. Cool to room temperature.

Note: Chutney can be made 1 week ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:54.27, Glycemic Load:19.92, Inflammation Score:-3, Nutrition Score:2.9373913151414%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 156.83kcal (7.84%), Fat: 3.01g (4.62%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 31.34g (11.39%), Sugar: 28.34g (31.49%), Cholesterol: 7.53mg (2.51%), Sodium: 150.44mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Manganese: 0.27mg (13.47%), Vitamin C: 7.53mg (9.13%), Fiber: 2.26g (9.03%), Vitamin B6: 0.09mg (4.67%), Vitamin E: 0.65mg (4.36%), Potassium: 108.96mg (3.11%), Vitamin K: 3.14µg (2.99%), Copper: 0.05mg (2.6%), Vitamin A: 115.82IU (2.32%), Iron: 0.39mg (2.18%), Magnesium: 7.79mg (1.95%), Vitamin B5: 0.19mg (1.92%), Folate: 7.3µg (1.82%), Phosphorus: 18.24mg (1.82%), Calcium: 14.39mg (1.44%), Vitamin B1: 0.02mg (1.17%), Vitamin B2: 0.02mg (1.12%)