



Cranberry-Cardamom Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 cups cranberries fresh
- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 cup onion red chopped
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon distilled vinegar white

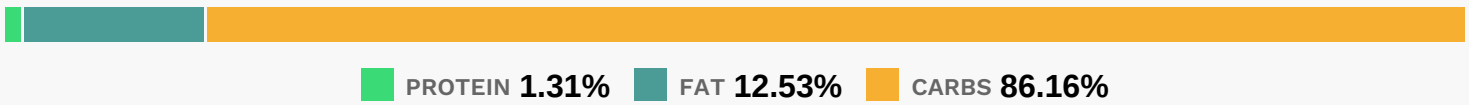
Equipment

- ☐ frying pan

Directions

- ☐ In a 2- to 3-quart pan over medium heat, frequently stir onion in butter until limp, 8 to 10 minutes.
- ☐ Sort cranberries, discarding any soft or decayed fruit; rinse and drain berries.
- ☐ Add cranberries, sugar, vinegar, and cardamom to pan. Cover, reduce heat to low, and stir occasionally until sugar is dissolved and cranberries are translucent, about 20 minutes.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:24.64, Glycemic Load:14.45, Inflammation Score:-2, Nutrition Score:1.5595652239964%

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: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg

Nutrients (% of daily need)

Calories: 104.82kcal (5.24%), Fat: 1.53g (2.35%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 22.34g (8.13%), Sugar: 20.63g (22.92%), Cholesterol: 0mg (0%), Sodium: 18.04mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.71%), Manganese: 0.14mg (6.76%), Vitamin C: 5mg (6.06%), Fiber: 1.26g (5.03%), Vitamin E: 0.39mg (2.59%), Vitamin B6: 0.04mg (1.93%), Vitamin A: 78IU (1.56%), Potassium: 51.05mg (1.46%), Vitamin K: 1.33µg (1.27%), Copper: 0.02mg (1.17%), Folate: 4.07µg (1.02%)