



Cranberry, Cherry, and Walnut Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



99 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 teaspoon almond extract
- 0.5 cup cherries dried
- 12 ounce cranberries fresh
- 0.3 teaspoon ground allspice
- 0.5 teaspoon orange rind grated
- 0.5 cup port sweet
- 1 cup sugar
- 0.7 cup walnuts toasted chopped

1 cup water

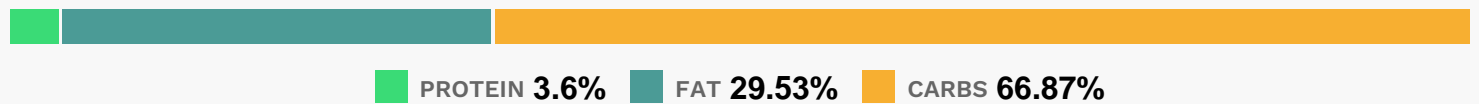
Equipment

sauce pan

Directions

- Combine first 4 ingredients in a medium saucepan; bring to a boil.
- Add cherries, and cook 1 minute. Stir in cranberries; bring to a boil. Reduce heat, and simmer 10 minutes or until cranberries pop.
- Remove from heat. Stir in walnuts, grated rind, and extract.
- Garnish with orange rind strips, if desired. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:9.76, Inflammation Score:-2, Nutrition Score:2.1026087105274%

Flavonoids

Cyanidin: 11.32mg, Cyanidin: 11.32mg, Cyanidin: 11.32mg, Cyanidin: 11.32mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 1.78mg, Delphinidin: 1.78mg, Delphinidin: 1.78mg, Delphinidin: 1.78mg Malvidin: 1.13mg, Malvidin: 1.13mg, Malvidin: 1.13mg, Malvidin: 1.13mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 10.61mg, Peonidin: 10.61mg, Peonidin: 10.61mg, Peonidin: 10.61mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg, Epicatechin: 1.43mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 99.2kcal (4.96%), Fat: 3.26g (5.01%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 15.41g (5.6%), Sugar: 14.12g (15.69%), Cholesterol: 0mg (0%), Sodium: 1.72mg (0.07%), Alcohol:

0.82g (100%), Alcohol %: 1.58% (100%), Protein: 0.89g (1.79%), Manganese: 0.26mg (12.87%), Copper: 0.1mg (4.82%), Fiber: 1.2g (4.78%), Vitamin C: 3.44mg (4.17%), Magnesium: 10.56mg (2.64%), Vitamin B6: 0.04mg (2.24%), Phosphorus: 21.89mg (2.19%), Vitamin E: 0.32mg (2.12%), Potassium: 58.41mg (1.67%), Vitamin B1: 0.02mg (1.39%), Iron: 0.25mg (1.39%), Folate: 5.27µg (1.32%), Vitamin K: 1.32µg (1.25%), Zinc: 0.19mg (1.24%), Vitamin B2: 0.02mg (1.05%), Vitamin B5: 0.1mg (1.02%)