

Cranberry Chutney



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



153 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cups cranberries frozen
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.5 cup golden raisins
- ☐ 2 granny smith apples diced cored peeled
- ☐ 0.5 lemon zest juiced
- ☐ 0.5 cup orange juice fresh
- ☐ 1 small shallots finely chopped

☐ 2 tablespoons sugar

Equipment

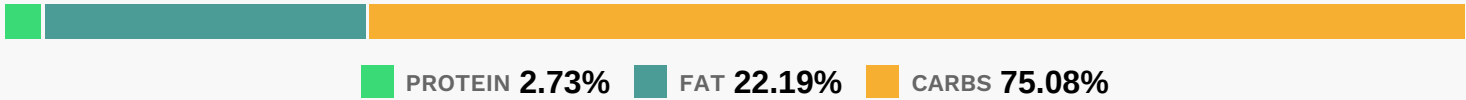
☐ bowl

☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the butter in a medium saucepan over medium-high heat.
- ☐ Add the shallot, apples, and thyme; saute until tender, about 3 minutes.
- ☐ Add the raisins, cranberries, lemon zest and juice, orange juice, and sugar. Reduce the heat to a low simmer and cook, stirring occasionally, until the mixture has thickened, about 20 minutes.
- ☐ Remove from the heat and let cool.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:13.37, Inflammation Score:-7, Nutrition Score:5.1504348062951%

Flavonoids

Cyanidin: 24.17mg, Cyanidin: 24.17mg, Cyanidin: 24.17mg, Cyanidin: 24.17mg 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: 24.59mg, Peonidin: 24.59mg, Peonidin: 24.59mg, Peonidin: 24.59mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 6.75mg, Epicatechin: 6.75mg, Epicatechin: 6.75mg, Epicatechin: 6.75mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg
Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 3.33mg, Myricetin:
3.33mg, Myricetin: 3.33mg, Myricetin: 3.33mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg,
Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 153.11kcal (7.66%), Fat: 4.08g (6.28%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 31.06g (10.35%), Net
Carbohydrates: 27g (9.82%), Sugar: 21.68g (24.08%), Cholesterol: 10.03mg (3.34%), Sodium: 33.9mg (1.47%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 22.56mg (27.34%), Fiber: 4.06g
(16.24%), Manganese: 0.27mg (13.26%), Potassium: 256.36mg (7.32%), Vitamin E: 0.9mg (6.02%), Vitamin B6:
0.12mg (5.92%), Copper: 0.11mg (5.27%), Vitamin A: 252.8IU (5.06%), Vitamin K: 4.64µg (4.42%), Magnesium:
14.65mg (3.66%), Vitamin B2: 0.06mg (3.63%), Iron: 0.62mg (3.44%), Phosphorus: 33.97mg (3.4%), Folate: 10.8µg
(2.7%), Vitamin B5: 0.26mg (2.62%), Vitamin B1: 0.04mg (2.62%), Calcium: 22.39mg (2.24%), Vitamin B3: 0.35mg
(1.75%), Zinc: 0.15mg (1.02%)