



Cranberry Chutney

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



16

CALORIES



90 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 12 oz cranberries fresh (3 cups)
- 1 large apples i use 2 granny smith apples chopped
- 1.5 cups sugar
- 0.8 cup water
- 2 tablespoons apple cider vinegar
- 1 teaspoon apple pie spice

Equipment

- sauce pan

Directions

- In 4-quart saucepan, mix all ingredients.
- Heat to boiling, stirring constantly; reduce heat. Simmer uncovered 15 to 20 minutes, stirring often, until apples are tender and mixture is thickened. Cool completely.
- Spoon chutney into 4 sterilized 8-oz jars. Cover with lids. Store in refrigerator.

Nutrition Facts

PROTEIN 0.6% **FAT 1.21%** **CARBS 98.19%**

Properties

Glycemic Index:11.69, Glycemic Load:14.41, Inflammation Score:-1, Nutrition Score:1.1039130331382%

Flavonoids

Cyanidin: 10.09mg, Cyanidin: 10.09mg, Cyanidin: 10.09mg, Cyanidin: 10.09mg Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.46mg, Peonidin: 10.46mg, Peonidin: 10.46mg, Peonidin: 10.46mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 90.04kcal (4.5%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 22.14g (8.05%), Sugar: 21.09g (23.43%), Cholesterol: 0mg (0%), Sodium: 1.47mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.28%), Manganese: 0.11mg (5.33%), Fiber: 1.12g (4.47%), Vitamin C: 3.65mg (4.42%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.41µg (1.34%)