

Cranberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



124 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup apple cider vinegar
- ☐ 12 oz cranberries fresh
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 teaspoon salt
- ☐ 6 oz shallots coarsely chopped
- ☐ 0.7 cup sugar

☐ 1.5 tablespoons vegetable oil

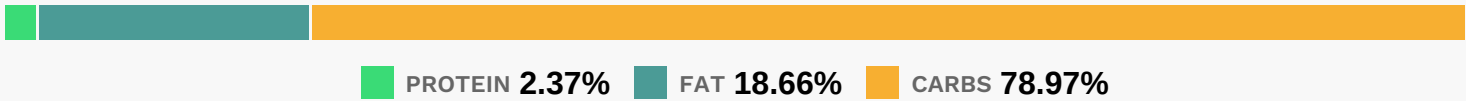
Equipment

☐ sauce pan

Directions

- ☐ Cook shallots in oil in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until softened. Stir in remaining ingredients. Simmer, stirring occasionally, until berries just pop, 10 to 12 minutes, then cool.
- ☐ Chutney may be made 1 week ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:32.76, Glycemic Load:14.19, Inflammation Score:-2, Nutrition Score:3.0539130788782%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, 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, 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: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg, Myricetin: 2.83mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 124.22kcal (6.21%), Fat: 2.69g (4.13%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 23.34g (8.49%), Sugar: 20.16g (22.4%), Cholesterol: 0mg (0%), Sodium: 149.41mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.54%), Manganese: 0.26mg (12.88%), Vitamin C: 7.78mg (9.43%), Fiber: 2.26g (9.02%), Vitamin K: 7.2µg (6.85%), Vitamin E: 0.78mg (5.2%), Vitamin B6: 0.1mg (5.15%), Potassium: 115.05mg (3.29%), Copper: 0.05mg (2.39%), Iron: 0.4mg (2.21%), Magnesium: 7.81mg (1.95%), Folate: 7.71µg (1.93%), Vitamin B5: 0.19mg (1.92%), Phosphorus: 18.89mg (1.89%), Calcium: 13.32mg (1.33%), Vitamin B1: 0.02mg (1.25%)