



Cranberry Chutney



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



317 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons mango chutney with major grey)
- ☐ 2 teaspoons orange liqueur with grand marnier)
- ☐ 32 oz whole-berry cranberry sauce canned

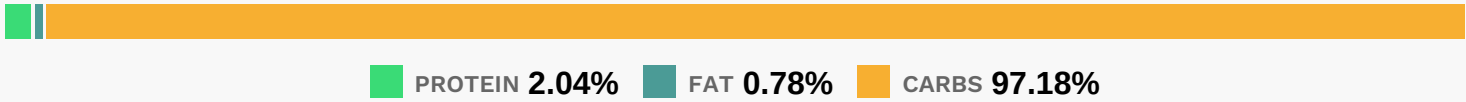
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a bowl; stir well.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:2.98, Inflammation Score:-1, Nutrition Score:2.2969565386681%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 4.9mg, Myricetin: 4.9mg, Myricetin: 4.9mg, Myricetin: 4.9mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 316.88kcal (15.84%), Fat: 0.28g (0.44%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 79.46g (26.49%), Net Carbohydrates: 77.37g (28.14%), Sugar: 62.22g (69.13%), Cholesterol: 0mg (0%), Sodium: 11.79mg (0.51%), Alcohol: 0.52g (100%), Alcohol %: 0.34% (100%), Protein: 1.66g (3.33%), Vitamin E: 1.7mg (11.31%), Fiber: 2.08g (8.34%), Manganese: 0.11mg (5.62%), Iron: 0.78mg (4.36%), Vitamin C: 2.52mg (3.05%), Copper: 0.06mg (2.8%), Vitamin B2: 0.04mg (2.61%), Vitamin K: 2.54µg (2.42%), Vitamin B1: 0.03mg (1.91%), Potassium: 57.56mg (1.64%), Vitamin A: 76.2IU (1.52%), Vitamin B6: 0.03mg (1.35%), Selenium: 0.89µg (1.27%)