



Cranberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



10

CALORIES



116 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 12 ounce cranberries fresh thaw (don't)
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.8 cup brown sugar light packed
- ☐ 1 cup pineapple juice unsweetened
- ☐ 0.5 teaspoon red-pepper flakes hot
- ☐ 0.5 teaspoon salt

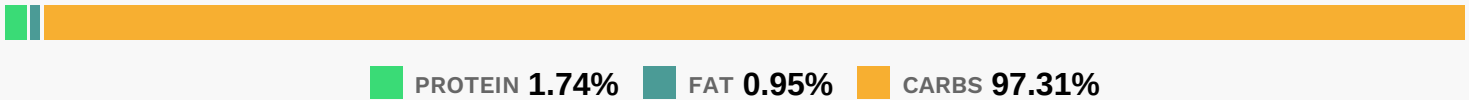
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a 2-quart heavy saucepan.
- ☐ Simmer over medium heat, stirring occasionally, until cranberries burst, then collapse, about 12 minutes.
- ☐ Transfer to a bowl and cool, uncovered (chutney will thicken as it cools).
- ☐ Chill chutney, covered, at least 8 hours for flavors to develop.
- ☐ •Chutney can be made 5 days ahead and chilled, covered. Leftovers will keep, chilled, 2 weeks.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:5.81, Inflammation Score:-2, Nutrition Score:2.9052173624868%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 115.68kcal (5.78%), Fat: 0.13g (0.19%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 27.65g (10.06%), Sugar: 24.16g (26.84%), Cholesterol: 0mg (0%), Sodium: 125.29mg (5.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Manganese: 0.34mg (16.81%), Vitamin C: 7.36mg (8.92%), Fiber: 1.61g (6.45%), Potassium: 145.13mg (4.15%), Vitamin B6: 0.08mg (3.77%), Copper: 0.07mg (3.58%), Vitamin E: 0.5mg (3.37%), Calcium: 24.88mg (2.49%), Iron: 0.45mg (2.48%), Magnesium: 9.77mg (2.44%), Vitamin K: 2.2µg (2.1%), Phosphorus: 15.94mg (1.59%), Vitamin B2: 0.03mg (1.57%), Vitamin B5: 0.15mg (1.47%), Vitamin B1: 0.02mg (1.25%), Folate: 5.01µg (1.25%), Vitamin A: 51.32IU (1.03%)