



Cranberry Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



229 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 apples chopped
- 2 rib celery stalks chopped
- 2 cups cranberries fresh
- 1 cup golden raisins
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 1 cup orange juice fresh
- 1 tablespoon orange zest grated

- 2 cups sugar
- 3 tablespoons water

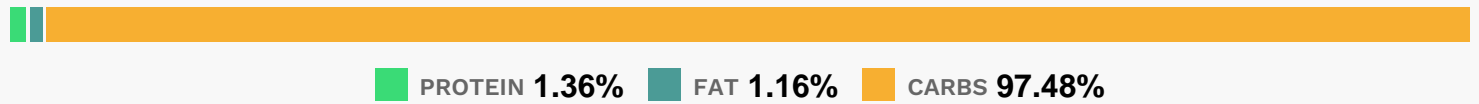
Equipment

- sauce pan

Directions

- Cook first 3 ingredients in a medium saucepan over medium heat 5 minutes.
- Add apple and remaining ingredients, and cook, stirring often, 35 minutes.
- Remove from heat, and chill, if desired. Store chutney in refrigerator up to 3 weeks.
- Serve with pork or chicken.

Nutrition Facts



Properties

Glycemic Index:28.78, Glycemic Load:36.87, Inflammation Score:-2, Nutrition Score:3.398260862931%

Flavonoids

Cyanidin: 9.57mg, Cyanidin: 9.57mg, Cyanidin: 9.57mg, Cyanidin: 9.57mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.84mg, Peonidin: 9.84mg, Peonidin: 9.84mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg, Hesperetin: 2.96mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 228.7kcal (11.43%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 59.12g (19.71%), Net Carbohydrates: 57.24g (20.81%), Sugar: 53.34g (59.27%), Cholesterol: 0mg (0%), Sodium: 3.54mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin C: 17.32mg (21%), Manganese: 0.19mg (9.58%), Fiber: 1.88g (7.54%), Potassium: 197.67mg (5.65%), Copper: 0.08mg (4.22%), Vitamin B6: 0.08mg (3.88%), Vitamin B2: 0.05mg (3.08%), Magnesium: 10.46mg (2.61%), Phosphorus: 25.49mg (2.55%), Iron: 0.43mg (2.38%), Folate: 8.9µg (2.22%), Vitamin E: 0.33mg (2.2%), Vitamin B1: 0.03mg (1.99%), Vitamin K: 2.06µg (1.96%), Vitamin B3: 0.32mg (1.59%), Calcium: 15.12mg (1.51%), Vitamin A: 74.96IU (1.5%), Vitamin B5: 0.14mg (1.42%)