



Cranberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



119 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 apples diced peeled
- ☐ 0.5 cup cider vinegar
- ☐ 12 ounce cranberries fresh
- ☐ 1 tablespoon garlic grated
- ☐ 1 tablespoon ginger grated
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves

- ☐ 0.3 teaspoon ground ginger
- ☐ 1 jalapeno diced finely
- ☐ 1 onion chopped
- ☐ 0.5 cup raisins
- ☐ 0.5 cup sugar

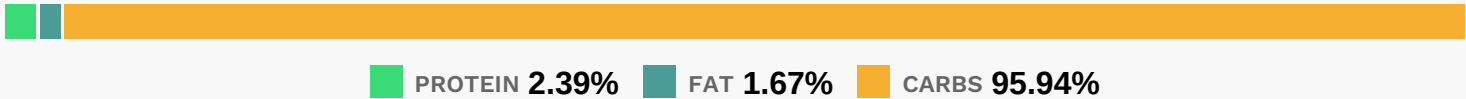
Equipment

- ☐ pot

Directions

- ☐ Place everything in a large pot and boil until it thickens, about 10–20 minutes.

Nutrition Facts



Properties

Glycemic Index:46.24, Glycemic Load:15.46, Inflammation Score:–3, Nutrition Score:3.6295652208121%

Flavonoids

Cyanidin: 20.1mg, Cyanidin: 20.1mg, Cyanidin: 20.1mg, Cyanidin: 20.1mg 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: 20.91mg, Peonidin: 20.91mg, Peonidin: 20.91mg, Peonidin: 20.91mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg, Epigallocatechin 3–gallate: 0.46mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg, Myricetin: 2.84mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

Nutrients (% of daily need)

Calories: 118.53kcal (5.93%), Fat: 0.23g (0.36%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 26.93g (9.79%), Sugar: 17.4g (19.34%), Cholesterol: 0mg (0%), Sodium: 5.62mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Manganese: 0.34mg (17.16%), Vitamin C: 10.97mg

(13.29%), Fiber: 3.12g (12.5%), Potassium: 178.99mg (5.11%), Vitamin E: 0.68mg (4.53%), Vitamin B6: 0.09mg (4.46%), Copper: 0.07mg (3.59%), Vitamin K: 3.15µg (3%), Iron: 0.49mg (2.7%), Magnesium: 9.87mg (2.47%), Vitamin B2: 0.04mg (2.35%), Phosphorus: 21.76mg (2.18%), Vitamin B1: 0.03mg (1.91%), Vitamin B5: 0.17mg (1.75%), Calcium: 15.93mg (1.59%), Vitamin A: 57.85IU (1.16%), Folate: 4.64µg (1.16%), Vitamin B3: 0.23mg (1.13%)