



Cranberry Chutney II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



117 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 0.5 cup cider vinegar
- ☐ 2 cups cranberries
- ☐ 0.3 cup golden raisins
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup onion chopped

- ☐ 1 teaspoon salt
- ☐ 2 tomatoes – blanched peeled chopped
- ☐ 0.8 cup water

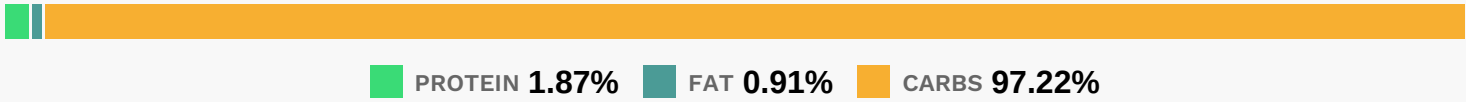
Equipment

- ☐ sauce pan
- ☐ ladle

Directions

- ☐ In a 3-quart saucepan, combine cranberries, tomatoes, water, raisins, onion, and salt. Bring mixture to a boil. Reduce heat to simmer. Cook, covered, for 15 minutes or until cranberries pop.
- ☐ Stir in brown sugar, vinegar, ginger, cloves, and pepper. Cover. Cook for 35 to 40 minutes, or until the consistency of relish, stirring occasionally. Ladle into jars or freezer containers. Refrigerate or freeze until ready to use.

Nutrition Facts



Properties

Glycemic Index:23.87, Glycemic Load:3.22, Inflammation Score:-3, Nutrition Score:2.805217374926%

Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg 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: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 116.79kcal (5.84%), Fat: 0.12g (0.19%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 28.12g (10.22%), Sugar: 25.93g (28.81%), Cholesterol: 0mg (0%), Sodium: 242.89mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Manganese: 0.27mg (13.54%), Vitamin C: 6.62mg (8.03%), Fiber: 1.35g (5.4%), Potassium: 157.9mg (4.51%), Vitamin A: 217.74IU (4.35%), Vitamin K: 3.43µg (3.27%), Vitamin B6: 0.06mg (3.09%), Copper: 0.06mg (3.07%), Calcium: 28.5mg (2.85%), Vitamin E: 0.41mg (2.76%), Iron: 0.43mg (2.39%), Magnesium: 9.4mg (2.35%), Phosphorus: 17.09mg (1.71%), Vitamin B3: 0.26mg (1.31%), Folate: 5.07µg (1.27%), Vitamin B5: 0.12mg (1.24%), Vitamin B2: 0.02mg (1.15%)