



Cranberry, Fig, and Pinot Noir Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 cups cranberries fresh
- ☐ 12 figs dried diced
- ☐ 2 inch ginger fresh finely grated peeled
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 strips orange zest
- ☐ 0.8 cup sugar

Equipment

- ☐ bowl

☐ sauce pan

☐ grill

Directions

☐ Bring the wine to a simmer in a small saucepan.

☐ Remove from the heat, add the figs, and let soak until soft, about 30 minutes.

☐ Drain, reserving the wine and figs separately.

☐ Combine the sugar, 1 1/2 cups water, the reserved wine, orange zest, and ginger in a large saucepan and bring to a boil over high heat. Cook until the sugar has completely melted, a minute or two.

☐ Add half of the cranberries and cook, stirring occasionally, until the berries have popped and are very soft, about 10 minutes. Stir in the remaining cranberries and the soaked figs and cook for 5 minutes longer. Season lightly with salt and pepper.

☐ Discard the orange zest and scrape the chutney into a serving bowl.

☐ Serve at room temperature or chilled. The chutney can be prepared 24 hours in advance and stored covered in the refrigerator.

☐ Reprinted with permission from Bobby Flay's Bar Americain Cookbook by Bobby Flay with Stephanie Banyas and Sally Jackson, (C) 2011 Clarkson Potter BOBBY FLAY, a New York Times bestselling author, is the chef-owner of six fine dining restaurants, including Mesa Grill, Bar Americain, and Bobby Flay Steak, and an expanding roster of Bobby's Burger Palaces. He is the host of numerous popular cooking shows on Food Network, from the Emmy-winning Boy Meets Grill and Grill It! with Bobby Flay, to the Iron Chef America series, Throwdown! with Bobby Flay, and Food Network Star. Brunch @ Bobby's debuted on the Cooking Channel in fall 2010 and America's Next Great Restaurant debuted in March 2011 on NBC. This is his eleventh book. His website is Bobby

☐ Flay.com.

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Nutrition Facts



Properties

Glycemic Index:48.27, Glycemic Load:34.08, Inflammation Score:-4, Nutrition Score:6.0382608408513%

Flavonoids

Cyanidin: 46.43mg, Cyanidin: 46.43mg, Cyanidin: 46.43mg, Cyanidin: 46.43mg Delphinidin: 7.67mg, Delphinidin: 7.67mg, Delphinidin: 7.67mg, Delphinidin: 7.67mg Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg, Malvidin: 0.44mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 49.16mg, Peonidin: 49.16mg, Peonidin: 49.16mg, Peonidin: 49.16mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg, Epicatechin: 4.37mg Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg, Epigallocatechin 3-gallate: 0.97mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 6.63mg, Myricetin: 6.63mg, Myricetin: 6.63mg, Myricetin: 6.63mg Quercetin: 14.84mg, Quercetin: 14.84mg, Quercetin: 14.84mg, Quercetin: 14.84mg

Nutrients (% of daily need)

Calories: 253.91kcal (12.7%), Fat: 0.5g (0.77%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 65.56g (21.85%), Net Carbohydrates: 59.43g (21.61%), Sugar: 53.25g (59.17%), Cholesterol: 0mg (0%), Sodium: 5.27mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Manganese: 0.5mg (25.23%), Fiber: 6.13g (24.51%), Vitamin C: 15.48mg (18.77%), Vitamin E: 1.42mg (9.46%), Vitamin K: 8.91µg (8.49%), Potassium: 261.39mg (7.47%), Copper: 0.14mg (6.87%), Magnesium: 24.16mg (6.04%), Calcium: 49.47mg (4.95%), Vitamin B6: 0.09mg (4.48%), Iron: 0.77mg (4.29%), Vitamin B5: 0.41mg (4.11%), Vitamin B2: 0.05mg (2.87%), Phosphorus: 28.59mg (2.86%), Vitamin B1: 0.03mg (2.29%), Zinc: 0.27mg (1.78%), Vitamin B3: 0.28mg (1.42%), Vitamin A: 66.1IU (1.32%)