



Cranberry, Ginger and Orange Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



25

CALORIES



72 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons balsamic vinegar
- 2 pounds cranberries fresh
- 0.3 cup ginger fresh minced
- 0.8 cup granulated sugar
- 0.8 cup brown sugar light
- 2 large navel oranges
- 25 servings salt and pepper freshly ground
- 0.5 cup water

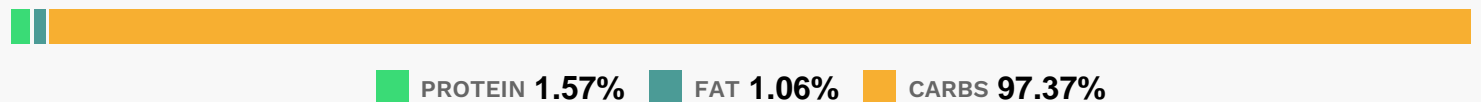
Equipment

- bowl
- sauce pan
- knife

Directions

- Using a sharp knife, peel the oranges, removing all of the bitter white pith. Working over a bowl, cut in between the membranes to release the sections. Squeeze the juice from the membranes into the bowl.
- Cut the orange sections into 1-inch pieces.
- In a large saucepan, combine the cranberries and water with 1/4 cup of orange juice from the bowl and bring to a simmer over moderate heat. Cover and cook over moderately low heat, stirring occasionally, until the cranberries have popped, about 10 minutes.
- Add the vinegar, both sugars, the ginger and orange pieces and cook over moderate heat, stirring occasionally, until thick, about 5 minutes.
- Let cool slightly, then season with salt and pepper.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.2, Glycemic Load:5.69, Inflammation Score:-2, Nutrition Score:2.0969565102588%

Flavonoids

Cyanidin: 16.85mg, Cyanidin: 16.85mg, Cyanidin: 16.85mg, Cyanidin: 16.85mg Delphinidin: 2.78mg, Delphinidin: 2.78mg, Delphinidin: 2.78mg, Delphinidin: 2.78mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 17.84mg, Peonidin: 17.84mg, Peonidin: 17.84mg, Peonidin: 17.84mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg, Epicatechin: 1.59mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-

gallate: 0.35mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.41mg, Myricetin: 2.41mg, Myricetin: 2.41mg, Myricetin: 2.41mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 72.25kcal (3.61%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 17.03g (6.19%), Sugar: 15.1g (16.78%), Cholesterol: 0mg (0%), Sodium: 197.19mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin C: 11.75mg (14.24%), Manganese: 0.14mg (7.14%), Fiber: 1.57g (6.29%), Vitamin E: 0.5mg (3.32%), Potassium: 61.98mg (1.77%), Vitamin K: 1.82µg (1.73%), Vitamin B6: 0.03mg (1.69%), Copper: 0.03mg (1.58%), Vitamin B5: 0.15mg (1.47%), Calcium: 14.02mg (1.4%), Magnesium: 4.62mg (1.16%), Folate: 4.34µg (1.09%)