



Cranberry-Ginger Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 medium apples chopped
- 2 rib celery stalks chopped
- 12 ounce cranberries fresh
- 1 teaspoon ginger fresh minced
- 1 cup golden raisins
- 1 cup orange juice fresh
- 1 tablespoon orange zest grated
- 1.5 cups sugar

1 cup walnut pieces toasted chopped

Equipment

sauce pan

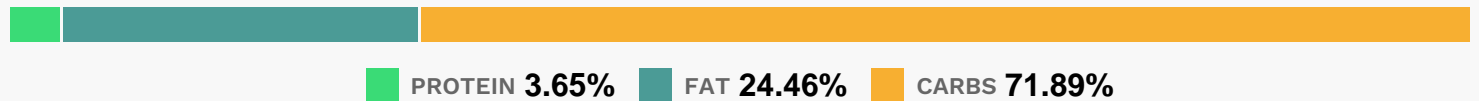
Directions

Bring cranberries, sugar, and orange juice to a boil in a large saucepan. Reduce heat, and simmer 15 minutes.

Remove from heat.

Stir in celery and next 4 ingredients. Chill mixture 8 hours. Stir in walnuts.

Nutrition Facts



Properties

Glycemic Index:53.79, Glycemic Load:50.97, Inflammation Score:-5, Nutrition Score:10.620434678119%

Flavonoids

Cyanidin: 27.33mg, Cyanidin: 27.33mg, Cyanidin: 27.33mg, Cyanidin: 27.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg, Peonidin: 27.88mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg, Myricetin: 3.78mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 454.75kcal (22.74%), Fat: 13.2g (20.3%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 87.3g (29.1%), Net Carbohydrates: 82.05g (29.84%), Sugar: 73.77g (81.97%), Cholesterol: 0mg (0%), Sodium: 5.98mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Manganese: 0.96mg (48.19%), Vitamin C:

32.41mg (39.29%), Copper: 0.46mg (23.06%), Fiber: 5.24g (20.97%), Potassium: 432.13mg (12.35%), Vitamin B6: 0.25mg (12.33%), Magnesium: 49.13mg (12.28%), Phosphorus: 112.27mg (11.23%), Folate: 34.17µg (8.54%), Vitamin B1: 0.12mg (7.93%), Iron: 1.29mg (7.14%), Vitamin B2: 0.12mg (6.93%), Vitamin E: 0.99mg (6.6%), Zinc: 0.77mg (5.15%), Vitamin K: 5.01µg (4.78%), Calcium: 45.12mg (4.51%), Vitamin B5: 0.42mg (4.16%), Vitamin B3: 0.76mg (3.79%), Vitamin A: 142.66IU (2.85%), Selenium: 1.54µg (2.19%)