



Cranberry Ginger Chutney with Thai Chiles

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



107 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup apple juice
- 0.3 cup brown sugar
- 0.5 cup cider vinegar
- 2 cups cranberries fresh
- 1 teaspoon ginger root fresh grated
- 1 teaspoon garlic minced
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.3 cup orange juice
- 0.3 cup raisins
- 0.3 teaspoon salt to taste
- 1 tablespoon shallots minced
- 1 cup baking apples are apples that have a sweet-tart balance and hold their shape when chopped
- 1 thai chile pepper fresh whole

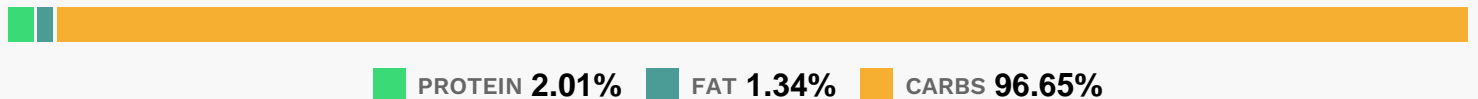
Equipment

- pot

Directions

- Slowly heat shallot and garlic in a heavy pot with a lid over very low heat until they release some moisture but not yet browned, about 3 minutes.
- Stir cider vinegar, brown sugar, apple juice, and orange juice together in the pot with the shallot and garlic; bring to a simmer while stirring to dissolve sugar.
- Add cranberries, apple, raisins, chile pepper, ginger, cloves, cinnamon, and salt to the simmering liquid; stir.
- Bring the liquid to a boil, reduce heat to low, and simmer until the mixture thickens and the cranberries are soft, 8 to 10 minutes.
- Remove and discard the chile pepper.
- Add salt to preference.

Nutrition Facts



Properties

Glycemic Index:58.09, Glycemic Load:5.78, Inflammation Score:-2, Nutrition Score:3.2478260864382%

Flavonoids

Cyanidin: 15.81mg, Cyanidin: 15.81mg, Cyanidin: 15.81mg, Cyanidin: 15.81mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 106.93kcal (5.35%), Fat: 0.17g (0.25%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 24.4g (8.87%), Sugar: 17.56g (19.51%), Cholesterol: 0mg (0%), Sodium: 105mg (4.57%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.55g (1.11%), Vitamin C: 12.73mg (15.43%), Manganese: 0.29mg (14.5%), Fiber: 2.3g (9.21%), Potassium: 172.58mg (4.93%), Vitamin E: 0.5mg (3.32%), Vitamin B6: 0.06mg (3.21%), Copper: 0.06mg (3.05%), Iron: 0.47mg (2.62%), Magnesium: 9.61mg (2.4%), Vitamin K: 2.37µg (2.26%), Calcium: 22.2mg (2.22%), Vitamin B1: 0.03mg (1.9%), Vitamin B2: 0.03mg (1.74%), Phosphorus: 17.3mg (1.73%), Vitamin B5: 0.16mg (1.64%), Folate: 5.12µg (1.28%), Vitamin A: 58.41IU (1.17%)