



Cranberry-Orange Chutney with Cumin, Fennel, and Mustard seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



644 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pound cranberries fresh frozen thawed
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 teaspoon fennel seeds
- ☐ 1.5 inch ginger fresh peeled cut into matchstick-size strips
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup orange zest (orange part only)

- ☐ 1 cup onion red thinly sliced
- ☐ 0.5 cup red wine vinegar
- ☐ 1 pinch salt
- ☐ 1 tablespoon serrano chiles minced seeded
- ☐ 1.3 cups sugar
- ☐ 0.8 cup water
- ☐ 0.5 teaspoon mustard seeds yellow

Equipment

- ☐ sauce pan

Directions

- ☐ Bring sugar and vinegar to boil in heavysmall saucepan, stirring until sugardissolves.
- ☐ Remove from heat and set aside.
- ☐ Heat oil in large saucepan over mediumheat.
- ☐ Add cumin, fennel, and mustardseeds; stir until mustard seeds pop, about1 minute.
- ☐ Add onion; cook until beginningto brown, stirring constantly, about 6minutes.
- ☐ Add ginger and chile; stir untilchile softens, about 2 minutes.
- ☐ Add vinegarmixture, 3/4 cup water, all cranberries,orange peel, and salt. Simmer untiljuicesthicken, stirring often, about 20 minutes.Cool, cover, and chill. DO AHEAD: Can bemade 3 days ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:54.03, Glycemic Load:68.96, Inflammation Score:-7, Nutrition Score:10.8699999958121%

Flavonoids

Cyanidin: 70.32mg, Cyanidin: 70.32mg, Cyanidin: 70.32mg, Cyanidin: 70.32mg Delphinidin: 11.62mg, Delphinidin: 11.62mg, Delphinidin: 11.62mg, Delphinidin: 11.62mg Malvidin: 0.67mg, Malvidin: 0.67mg, Malvidin: 0.67mg, Malvidin: 0.67mg

0.67mg Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg, Pelargonidin: 0.49mg Peonidin: 74.33mg, Peonidin: 74.33mg, Peonidin: 74.33mg, Peonidin: 74.33mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 6.61mg, Epicatechin: 6.61mg, Epicatechin: 6.61mg, Epicatechin: 6.61mg Epigallocatechin 3–gallate: 1.47mg, Epigallocatechin 3–gallate: 1.47mg, Epigallocatechin 3–gallate: 1.47mg, Epigallocatechin 3–gallate: 1.47mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 10.53mg, Myricetin: 10.53mg, Myricetin: 10.53mg, Myricetin: 10.53mg Quercetin: 34.96mg, Quercetin: 34.96mg, Quercetin: 34.96mg, Quercetin: 34.96mg

Nutrients (% of daily need)

Calories: 643.73kcal (32.19%), Fat: 15.12g (23.27%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 131.91g (43.97%), Net Carbohydrates: 123.16g (44.78%), Sugar: 112.39g (124.87%), Cholesterol: 0mg (0%), Sodium: 28.51mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin C: 38.75mg (46.97%), Manganese: 0.75mg (37.55%), Fiber: 8.75g (35%), Vitamin E: 4.55mg (30.31%), Vitamin K: 18.37µg (17.49%), Vitamin B6: 0.21mg (10.37%), Copper: 0.17mg (8.46%), Potassium: 287.99mg (8.23%), Iron: 1.3mg (7.21%), Magnesium: 26.1mg (6.53%), Vitamin B5: 0.62mg (6.16%), Calcium: 53.78mg (5.38%), Phosphorus: 49.17mg (4.92%), Vitamin B2: 0.08mg (4.89%), Vitamin B1: 0.07mg (4.39%), Folate: 16.41µg (4.1%), Vitamin A: 176.41IU (3.53%), Selenium: 2.25µg (3.22%), Vitamin B3: 0.56mg (2.79%), Zinc: 0.38mg (2.51%)