

# Cranberry-Orange Ginger Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 2 tablespoons apple cider vinegar
- 2 cups cranberries fresh thawed
- 1 tablespoon ginger fresh peeled finely chopped
- 0.3 teaspoon ground allspice
- 0.3 teaspoon kosher salt
- 1 teaspoon olive oil
- 0.3 cup orange juice fresh
- 0.5 cup shallots minced

0.5 cup sugar

## Equipment

frying pan

sauce pan

## Directions

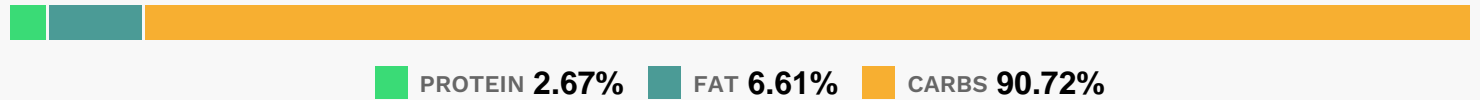
Heat the oil in a medium saucepan over medium heat.

Add shallots and ginger; cook 5 minutes or until golden, stirring occasionally.

Add juice, scraping pan to loosen browned bits.

Add cranberries and remaining ingredients. Reduce heat; simmer 15 minutes or until slightly thickened. Cover and chill 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:44.52, Glycemic Load:14.3, Inflammation Score:-2, Nutrition Score:2.8130434621935%

## Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg 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: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg 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 Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg, Myricetin: 2.22mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

## Nutrients (% of daily need)

Calories: 106.44kcal (5.32%), Fat: 0.82g (1.26%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 23.41g (8.51%), Sugar: 20.52g (22.8%), Cholesterol: 0mg (0%), Sodium: 100.68mg (4.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Vitamin C: 11.5mg (13.94%), Manganese: 0.2mg (9.88%), Fiber: 1.89g (7.57%), Vitamin B6: 0.09mg (4.66%), Vitamin E: 0.55mg (3.67%), Potassium: 122.91mg (3.51%), Folate: 10.3µg (2.57%), Copper: 0.05mg (2.27%), Vitamin K: 2.24µg (2.13%), Iron: 0.37mg (2.05%), Magnesium: 8.14mg (2.04%), Phosphorus: 18.14mg (1.81%), Vitamin B5: 0.18mg (1.78%), Vitamin B1: 0.03mg (1.7%), Calcium: 12.42mg (1.24%), Vitamin B2: 0.02mg (1.02%)