



Cranberry, Pear, and Ginger Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



553 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 2 large bosc pear firm cored peeled cut into 3/4-inch cubes (2 1/2 cups) (18 ounces total)
- ☐ 1 cinnamon sticks
- ☐ 12 ounce cranberries fresh
- ☐ 0.3 cup ginger fresh peeled finely chopped (from 2-ounce piece)
- ☐ 1.3 cups brown sugar packed ()
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 cup onion finely chopped

☐ 0.5 teaspoon pepper dried red crushed

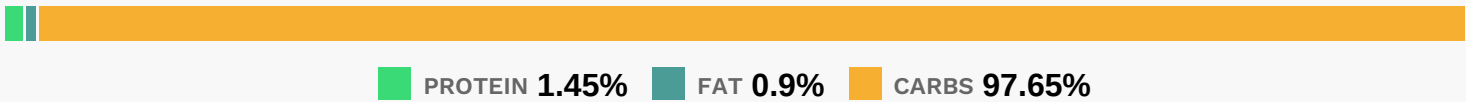
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Combine apple cider vinegar, onion, ginger, lemon peel, orange peel, cinnamon stick pieces, crushed red pepper, and ground cloves in heavy large saucepan. Boil mixture until reduced to 1 1/2 cups, about 10 minutes.
- ☐ Add cranberries, brown sugar, and pears; stir over medium heat until sugar dissolves. Reduce heat to medium-low; cover and simmer until pears are very tender, berries collapse, and flavors blend, stirring occasionally, about 30 minutes.
- ☐ Remove from heat; discard cinnamon stick pieces. Using potato masher, mash mixture coarsely.
- ☐ Transfer chutney to bowl and cool. DO AHEAD: Can be made 3 days ahead. Cover and chill. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:13, Inflammation Score:-7, Nutrition Score:12.531738955042%

Flavonoids

Cyanidin: 55.81mg, Cyanidin: 55.81mg, Cyanidin: 55.81mg, Cyanidin: 55.81mg Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg, Delphinidin: 8.7mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg, Epigallocatechin: 1.74mg Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg

Epigallocatechin 3–gallate: 1.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg,
Isorhamnetin: 3.13mg, Isorhamnetin: 3.13mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg,
Kaempferol: 0.48mg Myricetin: 7.53mg, Myricetin: 7.53mg, Myricetin: 7.53mg, Myricetin: 7.53mg Quercetin:
28.94mg, Quercetin: 28.94mg, Quercetin: 28.94mg, Quercetin: 28.94mg

Nutrients (% of daily need)

Calories: 553.37kcal (27.67%), Fat: 0.56g (0.86%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 135.94g (45.31%),
Net Carbohydrates: 125.24g (45.54%), Sugar: 111.8g (124.22%), Cholesterol: 0mg (0%), Sodium: 46.65mg (2.03%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Manganese: 1.33mg (66.7%), Fiber: 10.69g
(42.78%), Vitamin C: 26.86mg (32.56%), Potassium: 631.11mg (18.03%), Copper: 0.29mg (14.59%), Calcium: 137.5mg
(13.75%), Vitamin K: 13.59µg (12.94%), Vitamin E: 1.88mg (12.54%), Vitamin B6: 0.23mg (11.65%), Magnesium:
44.16mg (11.04%), Iron: 1.84mg (10.23%), Phosphorus: 67.39mg (6.74%), Vitamin B5: 0.62mg (6.2%), Folate: 24µg
(6%), Vitamin B2: 0.08mg (4.92%), Vitamin A: 209.98IU (4.2%), Vitamin B1: 0.06mg (3.99%), Zinc: 0.5mg (3.36%),
Vitamin B3: 0.64mg (3.2%), Selenium: 1.96µg (2.81%)