



Cranberry, Pear, and Ginger Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



556 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups apple cider vinegar
- ☐ 2 large bosc pears 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
- ☐ 2.5 teaspoons lemon zest finely grated

- ☐ 1 cup onion finely chopped
- ☐ 2.5 teaspoons orange peel finely grated
- ☐ 0.5 teaspoon pepper dried red crushed

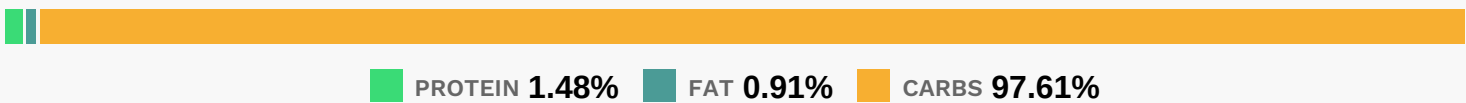
Equipment

- ☐ 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:12.937825804171%

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

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 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: 555.77kcal (27.79%), Fat: 0.57g (0.87%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 136.62g (45.54%), Net Carbohydrates: 125.57g (45.66%), Sugar: 111.87g (124.3%), Cholesterol: 0mg (0%), Sodium: 46.8mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Manganese: 1.33mg (66.7%), Fiber: 11.05g (44.19%), Vitamin C: 31.28mg (37.91%), Potassium: 637.31mg (18.21%), Copper: 0.29mg (14.75%), Calcium: 142.42mg (14.24%), Vitamin K: 13.59µg (12.94%), Vitamin E: 1.89mg (12.6%), Vitamin B6: 0.24mg (11.94%), Magnesium: 44.77mg (11.19%), Iron: 1.87mg (10.37%), Phosphorus: 67.94mg (6.79%), Vitamin B5: 0.63mg (6.34%), Folate: 24.72µg (6.18%), Vitamin B2: 0.09mg (5.09%), Vitamin A: 217.81IU (4.36%), Vitamin B1: 0.06mg (4.19%), Zinc: 0.51mg (3.42%), Vitamin B3: 0.66mg (3.31%), Selenium: 1.99µg (2.85%)