



Cranberry-Pear Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



16

CALORIES



113 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 4 cups cranberries fresh
- ☐ 0.5 cup golden raisins
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger

- ☐ 1 cup onion chopped
- ☐ 1.5 cups pears peeled chopped
- ☐ 1 cup water

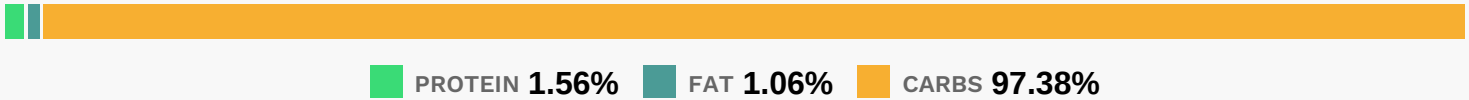
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, mix all ingredients.
- ☐ Heat to boiling over high heat, stirring frequently.
- ☐ Reduce heat to medium. Cook 25 to 30 minutes, stirring occasionally, until thickened.
- ☐ Cool at room temperature 30 minutes, then refrigerate at least 2 hours. Chutney will thicken more as it cools. Store in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:15.97, Glycemic Load:12.49, Inflammation Score:-2, Nutrition Score:2.2530434792456%

Flavonoids

Cyanidin: 11.92mg, Cyanidin: 11.92mg, Cyanidin: 11.92mg, Cyanidin: 11.92mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 113.45kcal (5.67%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 27.51g (10%), Sugar: 24.8g (27.56%), Cholesterol: 0mg (0%), Sodium: 4.57mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Manganese: 0.25mg (12.74%), Fiber: 1.9g (7.58%), Vitamin C: 5.06mg (6.13%), Potassium: 99.5mg (2.84%), Copper: 0.06mg (2.76%), Vitamin B6: 0.05mg (2.49%), Vitamin E: 0.36mg (2.43%), Vitamin K: 2.24µg (2.13%), Calcium: 17.46mg (1.75%), Iron: 0.31mg (1.7%), Magnesium: 6.58mg (1.65%), Vitamin B2: 0.02mg (1.36%), Phosphorus: 13.49mg (1.35%), Vitamin B5: 0.11mg (1.11%)