



Cranberry-Pear Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups brown sugar packed
- ☐ 4 cups cranberries fresh
- ☐ 1 cup golden raisins
- ☐ 1 jalapeño minced seeded
- ☐ 2 tablespoons juice of lime
- ☐ 2 asian pears peeled cut into small dice (2 cups)

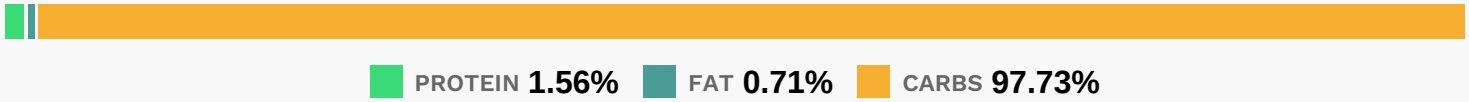
Equipment

- ☐ sauce pan

Directions

- ☐ The sweet and spicy heat in this savory chutney makes it perfect for roast turkey. It's also great on leftover-turkey sandwiches.
- ☐ In a large saucepan, heat the cranberries, brown sugar, and 2 cups of water over medium-high heat to boiling. Simmer, stirring occasionally, until the cranberries start to pop and release juices, about 10 minutes.
- ☐ Add the pears, jalapeo, raisins, and lime juice and simmer for another 5 minutes.
- ☐ Remove from heat. Cool. Cover and refrigerate up to 2 days ahead.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:11.65, Inflammation Score:-3, Nutrition Score:4.7560869895894%

Flavonoids

Cyanidin: 24.13mg, Cyanidin: 24.13mg, Cyanidin: 24.13mg, Cyanidin: 24.13mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 261.3kcal (13.06%), Fat: 0.22g (0.34%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 68.07g (22.69%), Net Carbohydrates: 64.1g (23.31%), Sugar: 57.35g (63.72%), Cholesterol: 0mg (0%), Sodium: 15.3mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Fiber: 3.97g (15.87%), Vitamin C: 12.69mg

(15.39%), Manganese: 0.29mg (14.3%), Potassium: 290.42mg (8.3%), Copper: 0.15mg (7.57%), Vitamin B6: 0.13mg (6.28%), Vitamin E: 0.81mg (5.37%), Calcium: 52.58mg (5.26%), Vitamin K: 5.44µg (5.18%), Iron: 0.82mg (4.56%), Magnesium: 16.73mg (4.18%), Phosphorus: 34.31mg (3.43%), Vitamin B2: 0.06mg (3.41%), Vitamin B5: 0.26mg (2.59%), Vitamin B3: 0.4mg (2.01%), Folate: 5.42µg (1.35%), Vitamin A: 61.87IU (1.24%), Zinc: 0.17mg (1.1%), Selenium: 0.73µg (1.04%)