



Cranberry-Pear Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



128 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups bosc pear peeled chopped (3 medium)
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 12 ounce cranberries fresh
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 0.8 cup golden raisins
- ☐ 1 cup apples i use 2 granny smith apples peeled chopped (1 small)
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 cup water

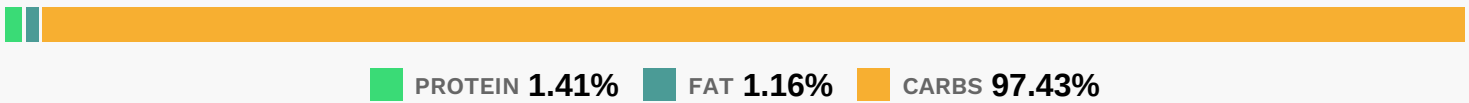
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 6 ingredients in a large saucepan; bring to a boil, stirring until sugar dissolves. Reduce heat, and simmer 10 minutes or until cranberries begin to pop. Stir in pear, apple, raisins, onion, and ginger; cook 20 minutes or until fruit is tender.
- ☐ Remove from heat; stir in juice. Cool to room temperature, and discard cinnamon. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:17.03, Glycemic Load:18.06, Inflammation Score:-1, Nutrition Score:2.2034782508145%

Flavonoids

Cyanidin: 10.41mg, Cyanidin: 10.41mg, Cyanidin: 10.41mg, Cyanidin: 10.41mg Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 127.92kcal (6.4%), Fat: 0.18g (0.27%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 31.15g (11.33%), Sugar: 28.27g (31.42%), Cholesterol: 0mg (0%), Sodium: 148.36mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Manganese: 0.2mg (10.07%), Fiber: 2.15g (8.59%), Vitamin C: 5.41mg (6.56%), Copper: 0.06mg (3.11%), Potassium: 108.67mg (3.1%), Vitamin B6: 0.05mg (2.44%), Vitamin K: 2.53µg (2.41%), Vitamin E: 0.34mg (2.28%), Vitamin B2: 0.03mg (1.73%), Magnesium: 6.35mg (1.59%), Iron: 0.27mg (1.52%), Phosphorus: 14.84mg (1.48%), Calcium: 13.67mg (1.37%)