



## Cranberry-Pecan Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



25

CALORIES



53 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 1 cup apple cider
- ☐ 0.8 cup apricots dried diced
- ☐ 1 stick cinnamon (3-inch)
- ☐ 12 oz cranberries fresh
- ☐ 1 inch ginger fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 cup orange juice fresh
- ☐ 0.5 teaspoon orange zest loosely packed

- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 0.5 cup sugar

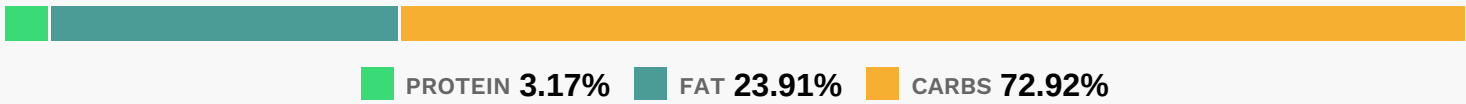
## Equipment

- ☐ sauce pan
- ☐ slotted spoon

## Directions

- ☐ Bring first 8 ingredients to a boil in a large saucepan over medium-high heat. Reduce heat to low, and simmer, stirring occasionally, 10 minutes.
- ☐ Remove cloves with a slotted spoon, and discard.
- ☐ Add cranberries; increase heat to medium, and bring to a boil. Boil, stirring occasionally, 3 to 5 minutes or just until cranberries begin to pop. Discard cinnamon stick and ginger. Stir in apricots and orange zest; remove from heat. Cool completely.
- ☐ Serve immediately, or chill up to 2 days. Stir in pecans just before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.85, Glycemic Load:4.87, Inflammation Score:-2, Nutrition Score:1.937391291494%

## Flavonoids

Cyanidin: 6.53mg, Cyanidin: 6.53mg, Cyanidin: 6.53mg, Cyanidin: 6.53mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.69mg, Peonidin: 6.69mg, Peonidin: 6.69mg, Peonidin: 6.69mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 53.07kcal (2.65%), Fat: 1.51g (2.32%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.27g (3.37%), Sugar: 8.28g (9.2%), Cholesterol: 0mg (0%), Sodium: 47.88mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Manganese: 0.18mg (9.04%), Vitamin C: 5.84mg (7.08%), Fiber: 1.09g (4.34%), Vitamin A: 168.35IU (3.37%), Vitamin E: 0.39mg (2.59%), Potassium: 90.79mg (2.59%), Copper: 0.05mg (2.54%), Vitamin B1: 0.02mg (1.61%), Magnesium: 5.98mg (1.49%), Iron: 0.23mg (1.27%), Phosphorus: 11.9mg (1.19%), Vitamin B6: 0.02mg (1.16%)