



Cranberry, pineapple & date chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



3

CALORIES



2243 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 kg apples
- ☐ 1 medium pineapple prepared (500g 1lb 2oz weight)
- ☐ 500 g onion
- ☐ 350 g cranberries
- ☐ 500 g dates
- ☐ 250 g raisins
- ☐ 4 garlic clove chopped
- ☐ 3 servings ginger fresh grated

- ☐ 1 tsp pepper
- ☐ 1 tbsp ground cumin
- ☐ 1 tbsp ground coriander
- ☐ 2 tbsp ground cinnamon
- ☐ 2 tsp salt
- ☐ 1.5 l vinegar
- ☐ 750 g g muscovado sugar light

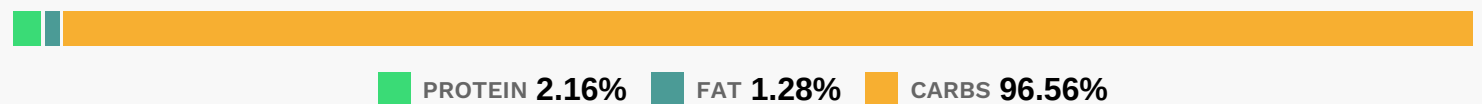
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot

Directions

- ☐ Peel, core and roughly chop the apples and pineapple. Peel and roughly chop the onions.
- ☐ Mix together the apples, pineapple, onions, cranberries, dates, raisins, garlic and ginger.
- ☐ Put the mix of fruit and vegetables in batches through the food processor until finely chopped. Tip into a large wide pan or preserving pan.
- ☐ Add the spices, salt and vinegar and bring to the boil. Simmer for 20 mins until the apple is pulpy, then add the sugar and stir to dissolve. Bring to the boil, then simmer for about 40–45 mins, until the chutney is thick and pulpy.
- ☐ Pot into warm, sterilised jars. Seal, label and store for at least a month in a cool dry place.

Nutrition Facts



Properties

Glycemic Index:126.16, Glycemic Load:134.53, Inflammation Score:-10, Nutrition Score:42.453478439994%

Flavonoids

Cyanidin: 62.24mg, Cyanidin: 62.24mg, Cyanidin: 62.24mg, Cyanidin: 62.24mg Delphinidin: 8.95mg, Delphinidin: 8.95mg, Delphinidin: 8.95mg Malvidin: 0.51mg, Malvidin: 0.51mg, Malvidin: 0.51mg, Malvidin: 0.51mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 57.42mg, Peonidin: 57.42mg, Peonidin: 57.42mg Catechin: 4.79mg, Catechin: 4.79mg, Catechin: 4.79mg, Catechin: 4.79mg Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg, Epigallocatechin: 1.73mg Epicatechin: 30.2mg, Epicatechin: 30.2mg, Epicatechin: 30.2mg, Epicatechin: 30.2mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 1.76mg, Epigallocatechin 3-gallate: 1.76mg, Epigallocatechin 3-gallate: 1.76mg, Epigallocatechin 3-gallate: 1.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 8.35mg, Isorhamnetin: 8.35mg, Isorhamnetin: 8.35mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 7.88mg, Myricetin: 7.88mg, Myricetin: 7.88mg, Myricetin: 7.88mg Quercetin: 66.56mg, Quercetin: 66.56mg, Quercetin: 66.56mg, Quercetin: 66.56mg

Nutrients (% of daily need)

Calories: 2242.92kcal (112.15%), Fat: 3.28g (5.05%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 558.94g (186.31%), Net Carbohydrates: 516.66g (187.88%), Sugar: 425.09g (472.32%), Cholesterol: 0mg (0%), Sodium: 1689.45mg (73.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.5g (25%), Manganese: 5.76mg (287.85%), Vitamin C: 195.42mg (236.87%), Fiber: 42.28g (169.13%), Potassium: 3263.21mg (93.23%), Copper: 1.37mg (68.63%), Vitamin B6: 1.36mg (67.94%), Iron: 9.93mg (55.16%), Magnesium: 219.92mg (54.98%), Calcium: 528.31mg (52.83%), Vitamin B1: 0.59mg (39.57%), Phosphorus: 348.28mg (34.83%), Folate: 134.84µg (33.71%), Vitamin B2: 0.54mg (31.65%), Vitamin B3: 5.76mg (28.8%), Vitamin B5: 2.8mg (27.97%), Vitamin K: 22.95µg (21.86%), Selenium: 13.87µg (19.81%), Vitamin E: 2.77mg (18.45%), Vitamin A: 683.73IU (13.67%), Zinc: 2mg (13.34%)