



Curried Pineapple and Stone Fruit Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



51 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup brown sugar packed
- 1 tablespoon canola oil
- 0.8 cup cider vinegar
- 2 teaspoons curry powder
- 0.5 cup cranberries dried
- 2 tablespoons ginger fresh minced peeled
- 4 garlic cloves minced
- 0.3 cup granulated sugar

- 2 tablespoons jalapeno minced seeded
- 0.8 cup nectarines peeled chopped (1)
- 1 cup onion chopped
- 0.8 cup peaches peeled chopped (1)
- 2 cups pineapple fresh diced
- 1 cup bell pepper red chopped
- 0.5 teaspoon salt

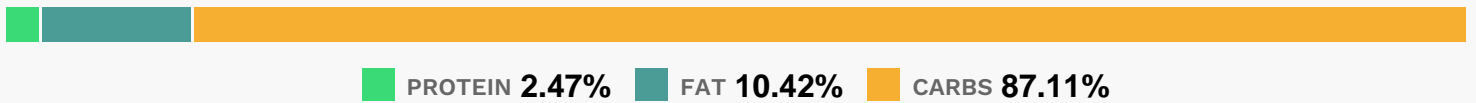
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add ginger and garlic; saute 30 seconds.
- Add onion and peppers; saute 4 minutes or until tender. Stir in curry powder; cook 1 minute.
- Add pineapple and remaining ingredients; bring to a boil. Reduce heat, and simmer 30 minutes or until mixture thickens.
- Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:14.04, Glycemic Load:3.02, Inflammation Score:-3, Nutrition Score:2.327391334202%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg,

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 51.13kcal (2.56%), Fat: 0.62g (0.95%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 10.92g (3.97%), Sugar: 10.12g (11.24%), Cholesterol: 0mg (0%), Sodium: 44.92mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin C: 14.6mg (17.69%), Manganese: 0.17mg (8.35%), Vitamin A: 212.73IU (4.25%), Fiber: 0.7g (2.82%), Vitamin B6: 0.05mg (2.61%), Vitamin E: 0.35mg (2.3%), Potassium: 62.14mg (1.78%), Folate: 6.75µg (1.69%), Copper: 0.03mg (1.52%), Vitamin K: 1.44µg (1.37%), Vitamin B1: 0.02mg (1.28%), Magnesium: 4.91mg (1.23%), Vitamin B3: 0.24mg (1.18%), Iron: 0.2mg (1.11%)