



 1%  
HEALTH SCORE

## Curried Pineapple and Stone Fruit Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



66 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

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

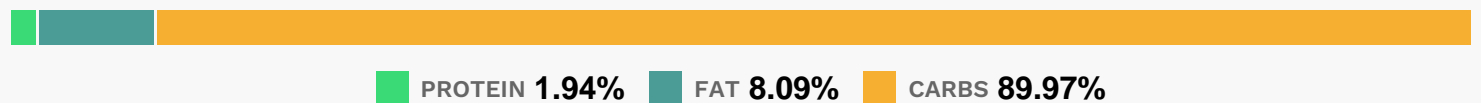
## Equipment

- 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:2.3782608690469%

## 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 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: 66.06kcal (3.3%), Fat: 0.62g (0.95%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 15.48g (5.16%), Net  
Carbohydrates: 14.78g (5.37%), Sugar: 13.93g (15.48%), Cholesterol: 0mg (0%), Sodium: 46.02mg (2%), Alcohol: 0g  
(0%), Protein: 0.33g (0.67%), Vitamin C: 14.6mg (17.69%), Manganese: 0.17mg (8.48%), Vitamin A: 212.73IU  
(4.25%), Fiber: 0.7g (2.82%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.35mg (2.3%), Potassium: 67.36mg (1.92%),  
Folate: 6.79µg (1.7%), Copper: 0.03mg (1.61%), Vitamin K: 1.44µg (1.37%), Magnesium: 5.26mg (1.31%), Vitamin B1:  
0.02mg (1.28%), Iron: 0.23mg (1.27%), Calcium: 12.34mg (1.23%), Vitamin B3: 0.24mg (1.2%)