



Curried Pineapple Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



225 min.

SERVINGS



24

CALORIES



109 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 lb pineapple chunks fresh
- 1 lb plums whole red pitted drained
- 0.5 cup onion chopped
- 1 jalapeno seeded finely chopped
- 1 tablespoon ginger finely chopped
- 1 clove garlic finely chopped
- 0.7 cup apple cider vinegar
- 0.5 cup water

- 1.3 cups brown sugar light packed
- 1 teaspoon ground cinnamon
- 1 teaspoon curry powder
- 0.5 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)
- 2 teaspoons orange zest grated
- 1 cup cranberries dried

Equipment

- bowl
- dutch oven

Directions

- Peel and core pineapple.
- Cut pineapple into 1-inch chunks to make 5 cups. (If using purchased pineapple chunks, cut large pieces into 1-inch chunks.)
- Cut plums in half and remove pits; cut each half into 3 pieces. (If using canned plums, cut each into 6 pieces.)
- In 4- to 5-quart Dutch oven, heat onion, chile, gingerroot, garlic, vinegar and water to boiling over high heat. Reduce heat to medium and simmer 5 minutes.
- Stir in brown sugar, cinnamon, curry powder, salt, red pepper and orange peel to combine.
- Add pineapple, plums and dried cranberries. Increase heat to high and heat to boiling. Reduce heat to medium-low and simmer 30 to 45 minutes, stirring occasionally, until fruit is soft and dried cranberries have hydrated.
- Remove from heat and pour into bowl. Cool at room temperature 30 minutes.
- Cover and refrigerate at least 2 hours until chilled. Chutney can be refrigerated up to 10 days.

Nutrition Facts



PROTEIN 1.8% **FAT 1.51%** **CARBS 96.69%**

Properties

Glycemic Index:9.36, Glycemic Load:0.85, Inflammation Score:-2, Nutrition Score:2.4099999873534%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 108.7kcal (5.44%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 26.37g (9.59%), Sugar: 25.69g (28.54%), Cholesterol: 0mg (0%), Sodium: 53.54mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 8.37mg (10.15%), Fiber: 1.44g (5.77%), Vitamin B1: 0.07mg (4.42%), Copper: 0.09mg (4.27%), Potassium: 133.8mg (3.82%), Manganese: 0.07mg (3.68%), Vitamin B6: 0.06mg (3.25%), Magnesium: 12.4mg (3.1%), Calcium: 24.07mg (2.41%), Vitamin K: 2.23µg (2.13%), Vitamin A: 106.02IU (2.12%), Iron: 0.36mg (1.98%), Vitamin B3: 0.3mg (1.51%), Vitamin E: 0.21mg (1.42%), Folate: 4.92µg (1.23%), Vitamin B2: 0.02mg (1.19%), Phosphorus: 10.24mg (1.02%)