



## Dried-Apricot Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.3 cup cider vinegar
- 0.1 teaspoon pepper red crushed
- 1 cup apricots dried coarsely chopped
- 1 teaspoon mustard dry
- 1 cup golden delicious apple peeled coarsely chopped
- 1 cup onion coarsely chopped
- 1.3 teaspoons pumpkin-pie spice
- 0.3 cup raisins

1 cup water divided

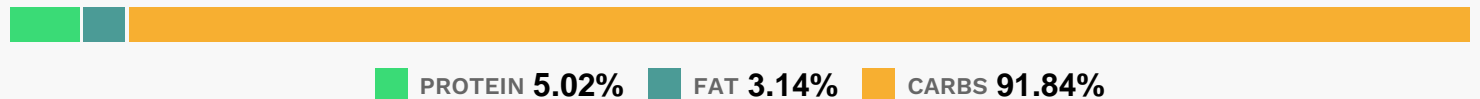
## Equipment

sauce pan

## Directions

- Combine 1/2 cup water, apricot, and next 6 ingredients (apricot through red pepper) in a medium saucepan, and stir well. Bring to a boil. Cover; reduce heat. Simmer 20 minutes, stirring occasionally.
- Add 1/2 cup water and apple. Cook, covered, an additional 15 minutes or until apple is tender.
- Remove from heat; uncover and let stand 5 minutes before serving.
- Note: Refrigerate remaining chutney in an airtight container for up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:24.77, Glycemic Load:6.68, Inflammation Score:-5, Nutrition Score:3.4304348152617%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

## Nutrients (% of daily need)

Calories: 78.47kcal (3.92%), Fat: 0.29g (0.45%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 16.9g (6.15%), Sugar: 11.18g (12.42%), Cholesterol: 0mg (0%), Sodium: 7.11mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Vitamin A: 604.18IU (12.08%), Fiber: 2.4g (9.6%), Potassium: 294.96mg (8.43%), Manganese: 0.17mg (8.33%), Vitamin E: 0.77mg (5.11%), Copper: 0.1mg (4.77%), Iron: 0.76mg (4.23%), Vitamin B6: 0.07mg (3.47%), Magnesium: 11.98mg (3%), Vitamin B3: 0.55mg (2.74%), Phosphorus: 26.76mg (2.68%), Vitamin C: 2.06mg (2.5%), Calcium: 20.65mg (2.07%), Vitamin B2: 0.03mg (1.99%), Folate:

6.56µg (1.64%), Vitamin B1: 0.02mg (1.58%), Selenium: 1.06µg (1.51%), Vitamin B5: 0.13mg (1.25%)