



Dried Cherry-and-Apple Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



60 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.8 pound cherries dried
- ☐ 1 tablespoon mint leaves dried
- ☐ 4 cups apples i use 2 granny smith apples diced
- ☐ 0.5 cup maple syrup
- ☐ 1 cup onion diced
- ☐ 1.5 cups orange juice
- ☐ 1 cup red wine vinegar
- ☐ 0.5 teaspoon salt

☐ 0.5 teaspoon pepper white

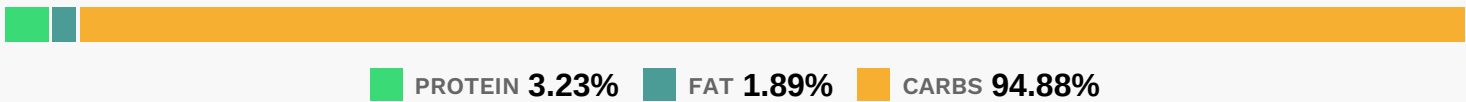
Equipment

☐ sauce pan

Directions

- ☐ Combine all of the ingredients in a large saucepan. Bring to a boil. Reduce heat, and cook, uncovered, 1 hour and 15 minutes, stirring occasionally.
- ☐ Remove from heat; cool. Refrigerate in airtight containers up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:8.48, Glycemic Load:4.56, Inflammation Score:-2, Nutrition Score:2.7265217369017%

Flavonoids

Cyanidin: 5.53mg, Cyanidin: 5.53mg, Cyanidin: 5.53mg, Cyanidin: 5.53mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 59.67kcal (2.98%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 13.22g (4.81%), Sugar: 11.5g (12.78%), Cholesterol: 0mg (0%), Sodium: 60.85mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.98%), Vitamin C: 12.3mg (14.91%), Manganese: 0.24mg (11.79%), Vitamin B2: 0.12mg (7.25%), Fiber: 1.17g (4.67%), Potassium: 137.75mg (3.94%), Vitamin B1: 0.03mg (2.32%), Folate: 8.96µg (2.24%), Magnesium: 8.66mg (2.17%), Vitamin B6: 0.04mg (1.89%), Calcium: 18.45mg (1.84%), Iron: 0.29mg

(1.59%), Copper: 0.03mg (1.56%), Vitamin A: 70.21IU (1.4%), Phosphorus: 13.07mg (1.31%)