



Dried-Cherry Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



190 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 cups cherries dried
- 1 stick cinnamon (3-inch)
- 2 tablespoons ginger fresh minced peeled
- 1 teaspoon ground cardamom
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 tablespoon jalapeno minced
- 1 teaspoon orange rind grated

- 0.5 cup raspberry vinegar
- 1.5 cups red wine vinegar
- 3 cups sugar
- 1 cup vidalia diced sweet
- 2 cups water

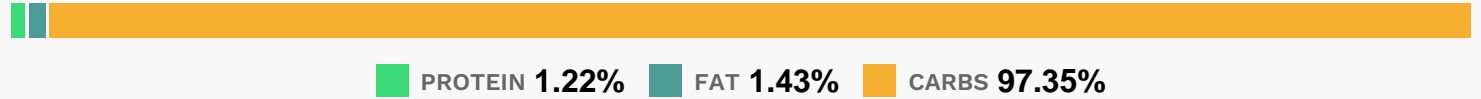
Equipment

- sauce pan

Directions

- Combine all ingredients in a large saucepan, and bring to a boil. Reduce heat to medium, and cook, uncovered, until thick (about 1 hour), stirring occasionally. Discard cloves and cinnamon.
- Serve warm or at room temperature.
- Note: Leftover chutney can be stored in an airtight container in the refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:12.94, Glycemic Load:29.12, Inflammation Score:-1, Nutrition Score:1.8739130341488%

Flavonoids

Cyanidin: 11.12mg, Cyanidin: 11.12mg, Cyanidin: 11.12mg, Cyanidin: 11.12mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 190.26kcal (9.51%), Fat: 0.31g (0.48%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 46.2g (16.8%), Sugar: 45.26g (50.29%), Cholesterol: 0mg (0%), Sodium: 5.66mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Manganese: 0.16mg (7.85%), Vitamin C: 4.72mg (5.73%), Fiber: 1.22g (4.87%), Potassium: 125.22mg (3.58%), Iron: 0.48mg (2.68%), Copper: 0.05mg (2.33%), Magnesium: 9.07mg (2.27%), Vitamin B6: 0.04mg (1.95%), Calcium: 16.72mg (1.67%), Phosphorus: 15.91mg (1.59%), Vitamin B2: 0.02mg (1.44%), Vitamin B1: 0.02mg (1.13%), Folate: 4.37µg (1.09%), Vitamin K: 1.07µg (1.02%)