



## Dried Fruit Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



488 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 cups apple cider
- 0.5 teaspoon brown mustard seeds
- 1 cup cherries dried sour
- 0.3 cup apple cider vinegar
- 0.5 cinnamon sticks
- 2 cups cranberries fresh
- 2 cups dates sliced
- 2 cups apricot dried quartered

- 0.3 cup olive oil extra virgin
- 1.5 tablespoons fennel bulb
- 0.3 cup ginger peeled
- 6 servings kosher salt
- 2 cups orange juice
- 1 teaspoon orange zest packed grated
- 0.3 pasilla chile powder dried
- 3 star anise
- 1 teaspoon mustard seeds yellow

## Equipment

- frying pan
- pot

## Directions

- Heat the oil in a heavy 6-quart pot over moderately high heat until it shimmers and cook the cinnamon, star anise, and cloves for 1 minute.
- Add the brown mustard seeds and chile. When the seeds pop and are fragrant, after about 30 seconds, remove the pan from the heat and carefully add the orange juice and apple cider. Bring the mixture to a boil and add the cherries, dates, zest, ginger, apricots, cranberries, fennel, yellow mustard seeds, and vinegar. Briskly simmer the mixture, uncovered, stirring occasionally, until the liquid is reduced and the fruits are softened and tender, about 1 1/2 hours. Stir in salt to taste.
- Let the chutney cool completely before serving. The chutney keeps in an airtight container in the refrigerator for 1 week.

## Nutrition Facts



**PROTEIN 4.08%** **FAT 17.44%** **CARBS 78.48%**

## Properties

Glycemic Index:55.53, Glycemic Load:34.49, Inflammation Score:-9, Nutrition Score:16.669999775679%

## Flavonoids

Cyanidin: 16.33mg, Cyanidin: 16.33mg, Cyanidin: 16.33mg, Cyanidin: 16.33mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg, Epicatechin: 5.16mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

## Nutrients (% of daily need)

Calories: 487.89kcal (24.39%), Fat: 10.07g (15.5%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 102.03g (34.01%), Net Carbohydrates: 90.93g (33.06%), Sugar: 80.89g (89.88%), Cholesterol: 0mg (0%), Sodium: 210.54mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin C: 48.61mg (58.92%), Vitamin A: 2583.15IU (51.66%), Fiber: 11.1g (44.42%), Potassium: 1154.26mg (32.98%), Manganese: 0.54mg (27.05%), Vitamin E: 3.74mg (24.95%), Copper: 0.34mg (16.84%), Iron: 2.73mg (15.15%), Magnesium: 56.17mg (14.04%), Vitamin B6: 0.24mg (11.79%), Vitamin K: 12.28µg (11.69%), Vitamin B3: 2.29mg (11.44%), Folate: 41.7µg (10.43%), Phosphorus: 95.82mg (9.58%), Calcium: 90.86mg (9.09%), Vitamin B1: 0.14mg (9%), Vitamin B5: 0.84mg (8.38%), Vitamin B2: 0.12mg (7.31%), Selenium: 3.79µg (5.41%), Zinc: 0.49mg (3.28%)