



## Fig-and-Ginger Chutney



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



25 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 teaspoons slivered crystallized ginger
- ☐ 2 cups figs fresh trimmed quartered
- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon mustard seeds
- ☐ 0.3 cup raisins
- ☐ 0.3 cup red wine vinegar

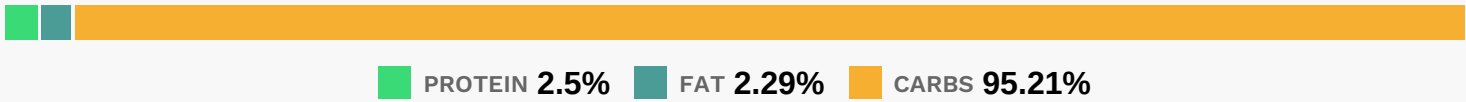
## Equipment

☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a nonaluminum saucepan; bring to a boil. Reduce heat; simmer 5 minutes or until syrupy.
- ☐ Add figs, mustard seeds, and cloves. Cover, reduce heat, and simmer for 10 minutes or until figs are just tender.
- ☐ Remove from heat; discard cloves, and add balsamic vinegar.
- ☐ Serve warm, at room temperature, or chilled.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:0.60869565508936%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 25.3kcal (1.27%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.84g (5.38%), Cholesterol: 0mg (0%), Sodium: 0.96mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Fiber: 0.54g (2.17%), Potassium: 49.64mg (1.42%), Manganese: 0.03mg (1.38%), Vitamin B6: 0.02mg (1.02%)