



Fresh Peach Chutney

 Vegetarian  Gluten Free

READY IN



21 min.

SERVINGS



15

CALORIES



25 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon butter
- 0.5 teaspoon jamaican jerk seasoning
- 3 tablespoons brown sugar light
- 1.5 cups peaches fresh chopped (2 large peaches)
- 0.3 cup onion sweet finely chopped

Equipment

- frying pan

Directions

- Melt butter in a small skillet over medium heat; add onion and saut 2 to 3 minutes or until tender.
- Add peaches and remaining ingredients, and cook, stirring often, 2 to 3 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:9.35, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:0.60565217543879%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 25.48kcal (1.27%), Fat: 0.81g (1.25%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.29g (1.56%), Sugar: 4.12g (4.58%), Cholesterol: 2.01mg (0.67%), Sodium: 10.54mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin A: 93.33IU (1.87%), Fiber: 0.29g (1.14%), Vitamin E: 0.16mg (1.07%)