



Ginger-Quince Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



65 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 0.5 cup currants dried
- ☐ 0.3 cup ginger fresh grated peeled
- ☐ 4 cups quinces cored peeled chopped (4 quinces)
- ☐ 1 cup sugar

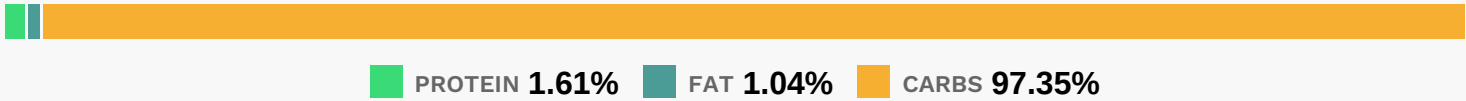
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a nonaluminum saucepan. Bring to a boil; partially cover. Reduce heat; simmer 35 minutes or until the liquid almost evaporates.
- ☐ Note: Store, covered, in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.71, Glycemic Load:8.24, Inflammation Score:-1, Nutrition Score:1.263478257086%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg

Nutrients (% of daily need)

Calories: 64.58kcal (3.23%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 15.94g (5.8%), Sugar: 10.21g (11.35%), Cholesterol: 0mg (0%), Sodium: 3.21mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 6.11mg (7.4%), Fiber: 0.9g (3.6%), Copper: 0.06mg (3.16%), Potassium: 107.12mg (3.06%), Iron: 0.35mg (1.93%), Vitamin B6: 0.03mg (1.31%), Magnesium: 4.79mg (1.2%), Manganese: 0.02mg (1.14%), Vitamin B2: 0.02mg (1.06%), Phosphorus: 10.21mg (1.02%)