



## Gingered Rhubarb Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup balsamic vinegar
- 1 cup brown sugar packed
- 0.5 cup cider vinegar
- 0.3 cup currants dried
- 1 tablespoon ginger fresh minced peeled
- 0.5 jalapeno minced
- 1 cup onion finely chopped
- 1 teaspoon paprika

1 pound rhubarb finely chopped

0.5 teaspoon salt

## Equipment

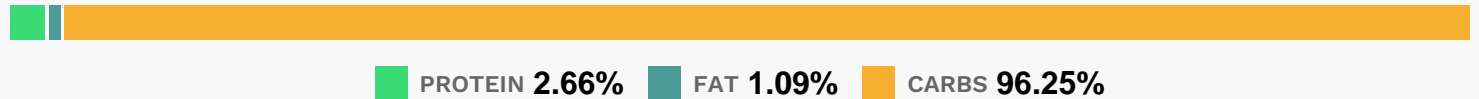
sauce pan

## Directions

Combine all ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 35 minutes or until thick.

Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:13.56, Glycemic Load:1.1, Inflammation Score:0, Nutrition Score:2.0317391196023%

## Flavonoids

Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

## Nutrients (% of daily need)

Calories: 74.63kcal (3.73%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 17.52g (6.37%), Sugar: 16.14g (17.93%), Cholesterol: 0mg (0%), Sodium: 80.47mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.02%), Vitamin K: 8.6µg (8.19%), Manganese: 0.12mg (5.76%), Vitamin C: 3.66mg (4.43%), Potassium: 147.7mg (4.22%), Calcium: 42.13mg (4.21%), Fiber: 0.84g (3.38%), Magnesium: 7.78mg (1.94%), Vitamin A: 97.04IU (1.94%), Vitamin B6: 0.04mg (1.82%), Iron: 0.3mg (1.65%), Copper: 0.03mg (1.34%), Phosphorus: 11.66mg (1.17%), Folate: 4.47µg (1.12%)