



Gingery Cranberry and Pear Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



16

CALORIES



77 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 pound cranberries
- 2 medium pears firm ripe chopped
- 1 cup bell pepper red chopped
- 0.3 cup onion coarsely chopped
- 1 garlic clove
- 0.8 cup brown sugar packed
- 0.5 cup raisins
- 0.5 cup vinegar white

1.5 teaspoons ginger finely chopped

Equipment

sauce pan

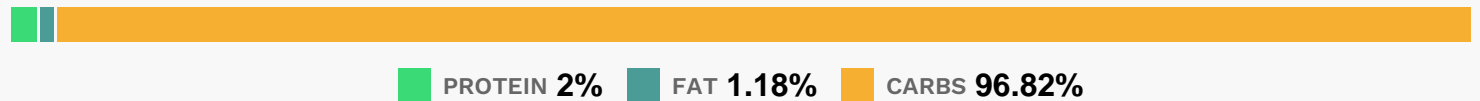
Directions

Mix all ingredients in 2-quart saucepan.

Heat to boiling, stirring frequently; reduce heat. Simmer uncovered about 1 hour, stirring frequently, until mixture is thickened and fruit is tender.

Store covered in glass or plastic container in refrigerator up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:18.41, Glycemic Load:3.63, Inflammation Score:-3, Nutrition Score:2.7495652605658%

Flavonoids

Cyanidin: 7.04mg, Cyanidin: 7.04mg, Cyanidin: 7.04mg, Cyanidin: 7.04mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 77.09kcal (3.85%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 17.89g (6.51%), Sugar: 13.28g (14.76%), Cholesterol: 0mg (0%), Sodium: 5.35mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.81%), Vitamin C: 15.36mg (18.62%), Fiber: 1.75g (7.02%), Vitamin A: 305.71IU (6.11%), Manganese: 0.1mg (5.1%), Potassium: 113.24mg (3.24%), Vitamin B6: 0.06mg (3%), Copper: 0.05mg (2.44%), Vitamin E: 0.36mg (2.41%), Vitamin K: 2.16µg (2.05%), Iron: 0.32mg (1.75%), Folate: 6.72µg (1.68%),

Magnesium: 6.27mg (1.57%), Vitamin B2: 0.03mg (1.51%), Calcium: 15.04mg (1.5%), Phosphorus: 11.86mg (1.19%),
Vitamin B1: 0.02mg (1.07%), Vitamin B3: 0.21mg (1.04%), Vitamin B5: 0.1mg (1.02%)