



WHATSheATE



Green Apple and Ginger Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



201 kcal

CONDIMENT

DIP

SPREAD

Ingredients



2 tablespoons apple cider vinegar



4 large cardamom pods black shelled 1 tablespoon of seeds



2 tablespoons canola oil



0.3 teaspoon cayenne pepper



3 large cinnamon sticks if you have the kind you get at Indian stores, it's 3 tablespoons of cinnamon bark bits



1 teaspoon cumin seeds



1 teaspoon fennel seeds



6 inch ginger fresh peeled sliced into thin planks, then sliced again into thin matchsticks 1/2 cup

- ☐ 1 pound apples diced green cored
- ☐ 0.3 cup cardamom pods green shelled 2 tablespoons of seeds
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 medium onion red thinly sliced
- ☐ 0.5 cup sugar

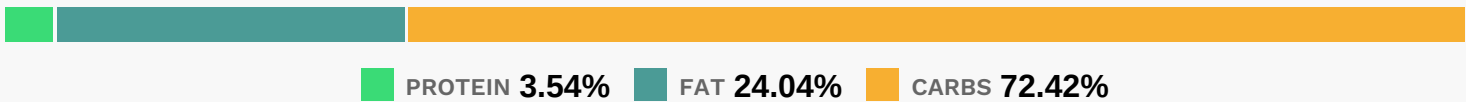
Equipment

- ☐ pot

Directions

- ☐ Warm the canola oil in a medium pot over medium-high heat. When shimmering, add the cumin seeds and fennel seeds—they should sizzle upon contact. If they don't, turn the heat up a little. Cook about 30 seconds.
- ☐ Add the onions and cook, stirring often, until the onions turn golden, about 10 minutes.
- ☐ Now add the garam masala and cayenne pepper; cook, stirring vigorously for about 30 seconds.
- ☐ Add the apples, ginger, sugar, apple cider vinegar, 2 teaspoons of salt and a generous amount of freshly ground pepper; stir and cook until the sugar melts. Keep cooking, stirring often, until the sugar thickens and caramelizes, and the apples soften, about 15 minutes.
- ☐ Taste for seasonings and serve.
- ☐ Combine the cinnamon sticks, cloves, green cardamom seeds, black cardamom seeds, if using, into a spice grinder or coffee grinder and grind until fine. Store the spice mix in an airtight container away from direct sunlight.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:15.23, Inflammation Score:-4, Nutrition Score:9.5526087400706%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg, Epicatechin: 5.69mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 200.76kcal (10.04%), Fat: 5.83g (8.97%), Saturated Fat: 0.48g (3%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 33g (12%), Sugar: 25.47g (28.3%), Cholesterol: 0mg (0%), Sodium: 5.9mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Manganese: 3.57mg (178.29%), Fiber: 6.54g (26.18%), Iron: 2.2mg (12.21%), Magnesium: 38.35mg (9.59%), Vitamin C: 7.76mg (9.41%), Potassium: 288.08mg (8.23%), Calcium: 78.44mg (7.84%), Vitamin E: 1.05mg (7.01%), Zinc: 0.99mg (6.59%), Vitamin K: 5.87µg (5.59%), Copper: 0.1mg (5.09%), Vitamin B6: 0.1mg (4.9%), Phosphorus: 41.14mg (4.11%), Vitamin B1: 0.05mg (3.29%), Vitamin B2: 0.05mg (3.2%), Vitamin A: 86.26IU (1.73%), Folate: 6.76µg (1.69%), Vitamin B3: 0.33mg (1.67%)