



## Green Tomato Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



75 min.

SERVINGS



60

CALORIES



33 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 2.5 pounds tomatoes green firm cored chopped
- ☐ 1.3 cups brown sugar packed
- ☐ 1 cup onion red chopped
- ☐ 1 cup golden raisins
- ☐ 1 cup cider vinegar
- ☐ 2 Tbsp candied ginger chopped
- ☐ 1 Tbsp mustard seeds
- ☐ 1 teaspoon chili pepper flakes

- ☐ 1 teaspoon fennel seeds
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 cinnamon sticks
- ☐ 1 pinch ground nutmeg

## Equipment

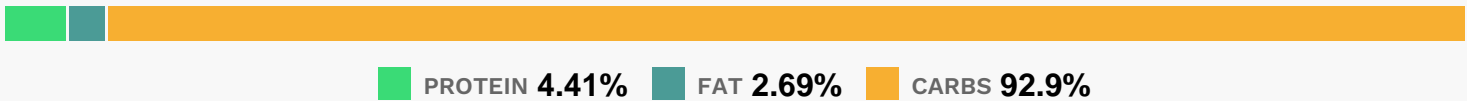
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ kitchen towels

## Directions

- ☐ Place a steamer rack in a large (16 quart) pot, and place the jars on the rack. Fill the jars and the pot with water up to the rim of the jars.
- ☐ If you don't have a rack you can place a clean dish towel at the base of the pot. You want to prevent the glass jars from touching the bottom of the pot which can get quite hot and cause the glass to crack.
- ☐ Put the burner on high and heat until a rolling boil. Boil for 10 minutes. To sterilize the lids, place them in a bowl and pour boiling water over them.
- ☐ Put all ingredients into a large pot and cook them 45 minutes:
- ☐ Place all of the ingredients in a medium sized (about 4 qt) thick-bottomed pot.
- ☐ Bring to a boil and reduce to a simmer. Cover and cook for 45 minutes. Taste and adjust seasonings.
- ☐ Remove the jars from the pot of hot water (reserving the water if you plan to can for shelf storage.). Scoop the green tomato chutney into the jars, filling them to 1/4 of an inch from the rim.
- ☐ Wipe the rims with a clean wet paper towel.
- ☐ Place sterilized lids on the jars. Secure with canning rings.

- ☐ Process filled jars in a water bath:
- ☐ Place the filled jars back on the steamer rack in the pot of hot water. Make sure the jars are covered with an inch of water.
- ☐ Bring to a boil and process for 15 minutes, or 20 minutes if you are at altitudes between 1000 and 6000 feet.
- ☐ Remove the jars from the pot and place on a dish towel spread out on your counter. Allow the jars to cool completely.
- ☐ The jar lids should make a popping sound as they seal. If a lid doesn't seal for some reason, store the jar in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.31, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:1.2969565106475%

## Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 33kcal (1.65%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 8.05g (2.68%), Net Carbohydrates: 7.64g (2.78%), Sugar: 7.03g (7.81%), Cholesterol: 0mg (0%), Sodium: 43.23mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin C: 4.84mg (5.87%), Manganese: 0.06mg (3.07%), Vitamin A: 122.55IU (2.45%), Potassium: 71.62mg (2.05%), Vitamin K: 2.05µg (1.95%), Fiber: 0.42g (1.67%), Copper: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.47%), Iron: 0.21mg (1.17%), Vitamin B5: 0.11mg (1.08%), Magnesium: 4.25mg (1.06%), Phosphorus: 10.51mg (1.05%)