



Green Tomato Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



20 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 1 cup apples i use 2 granny smith apples chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 cups tomatoes green chopped (3 medium)
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 jalapeno seeded chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup sugar

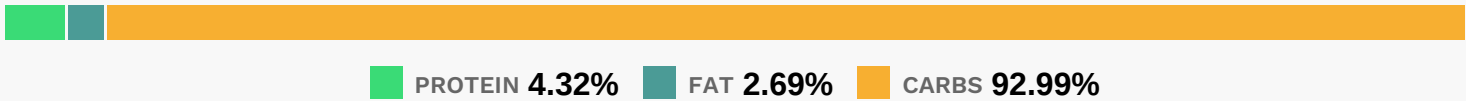
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 45 minutes or until thick, stirring frequently. Cool; pour into airtight containers.
- ☐ Note: Refrigerate Green Tomato Chutney in airtight containers up to two months.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:2.42, Inflammation Score:-1, Nutrition Score:0.98782609662284%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.74mg,

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 19.58kcal (0.98%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.48g (1.63%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 38.25mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin C: 6.01mg (7.28%), Vitamin A: 94.48IU (1.89%), Manganese: 0.03mg (1.59%), Fiber: 0.37g (1.46%), Vitamin K: 1.51µg (1.43%), Vitamin B6: 0.02mg (1.23%), Potassium: 41.14mg (1.18%)