



Grilled Cherry Tomato Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



167 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 servings canola oil
- 1 cup apple cider vinegar
- 2 tablespoons cilantro leaves chopped
- 0.5 teaspoon coriander seeds
- 0.5 teaspoon cumin seeds
- 1 pint grape tomatoes
- 6 servings pepper black freshly ground
- 2 tablespoons brown sugar light

- 1 lime zest
- 2 tablespoons mint leaves chopped

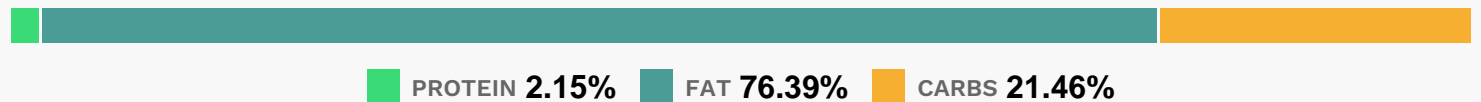
Equipment

- sauce pan
- grill

Directions

- Prepare a charcoal grill for direct grilling, high heat.
- Toss the tomatoes with oil and season with salt and pepper.
- Transfer to a grill basket and grill until charred and slightly soft, tossing occasionally, about 5 minutes
- Combine the vinegar, sugar, coriander and cumin seeds in a small saucepan and bring to a boil. Reduce the heat and simmer until thickened to a glaze, about 10 minutes.
- Let cool slightly, then pour over the tomatoes. Toss, mashing the tomatoes slightly.
- Add the herbs and the zest, toss again, taste and season.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:5.4413043377192%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 4.97mg, Hesperetin: 4.97mg, Hesperetin: 4.97mg, Hesperetin: 4.97mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 167.44kcal (8.37%), Fat: 14.27g (21.95%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.51g (2.73%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 8.21mg (0.36%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin E: 2.91mg (19.4%), Vitamin C: 14.67mg (17.78%), Vitamin K: 16.87µg (16.06%), Vitamin A: 744.97IU (14.9%), Manganese: 0.23mg (11.71%), Potassium: 249.29mg (7.12%), Fiber: 1.51g (6.03%), Folate: 14.78µg (3.69%), Vitamin B6: 0.07mg (3.64%), Magnesium: 14.4mg (3.6%), Iron: 0.62mg (3.46%), Copper: 0.07mg (3.45%), Phosphorus: 27.24mg (2.72%), Vitamin B3: 0.54mg (2.69%), Calcium: 25mg (2.5%), Vitamin B1: 0.04mg (2.37%), Vitamin B2: 0.02mg (1.36%), Zinc: 0.2mg (1.33%), Vitamin B5: 0.11mg (1.07%)