



Hot-and-Spicy Cranberry-Pear Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups cranberries fresh
- ☐ 1 tablespoon ginger fresh grated
- ☐ 10.5 ounce jalapeno jelly hot
- ☐ 9 ounce mango chutney hot
- ☐ 1 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated
- ☐ 21 ounce pear preserves
- ☐ 0.3 cup sugar

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6 ounce cranberries dried sweetened

Equipment

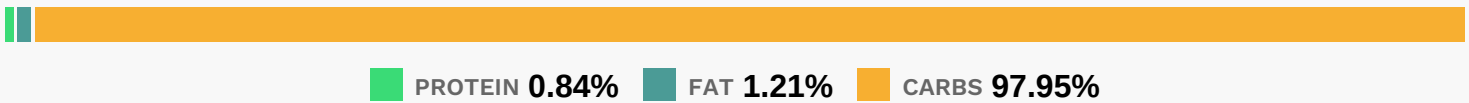
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sauce pan

Directions

- ☐ Bring first 5 ingredients to a boil in a large saucepan, stirring constantly. Reduce heat, and simmer, stirring constantly, 5 minutes or until cranberry skins pop.
- ☐ Stir in pear preserves and remaining ingredients; simmer mixture, stirring constantly, for 5 minutes.
- ☐ Remove from heat, and cool.
- ☐ Pour into hot sterilized jars, and seal. Store in refrigerator up to 1 month.
- ☐ Note: For testing purposes only, we used Craisins for sweetened dried cranberries.

Nutrition Facts



Properties

Glycemic Index:34.23, Glycemic Load:23.39, Inflammation Score:-4, Nutrition Score:5.3743478163429%

Flavonoids

Cyanidin: 10.37mg, Cyanidin: 10.37mg, Cyanidin: 10.37mg, Cyanidin: 10.37mg Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg, Epicatechin: 3.62mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 339.35kcal (16.97%), Fat: 0.48g (0.74%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 87.33g (29.11%),
Net Carbohydrates: 82.71g (30.08%), Sugar: 69.74g (77.49%), Cholesterol: 0mg (0%), Sodium: 25.2mg (1.1%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin C: 28.14mg (34.11%), Fiber: 4.62g (18.47%),
Manganese: 0.18mg (8.95%), Vitamin A: 336.86IU (6.74%), Copper: 0.13mg (6.69%), Potassium: 203.69mg (5.82%),
Vitamin E: 0.84mg (5.59%), Vitamin K: 5.86µg (5.58%), Folate: 18.53µg (4.63%), Vitamin B2: 0.07mg (3.83%),
Vitamin B1: 0.05mg (3.2%), Magnesium: 12.41mg (3.1%), Vitamin B6: 0.06mg (3.09%), Iron: 0.49mg (2.74%),
Phosphorus: 24.48mg (2.45%), Calcium: 21.33mg (2.13%), Vitamin B5: 0.21mg (2.09%), Vitamin B3: 0.4mg (2.02%),
Selenium: 0.95µg (1.36%), Zinc: 0.15mg (1.02%)