



Hot-and-Spicy Cranberry-Pear Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



30

CALORIES



90 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups cranberries fresh
- ☐ 1 tablespoon ginger fresh grated
- ☐ 10.5 oz jalapeno jelly hot
- ☐ 9 oz mango chutney
- ☐ 1 cup orange juice fresh
- ☐ 1 tablespoon orange zest
- ☐ 21 oz pears
- ☐ 0.3 cup sugar

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6 oz cranberries dried sweetened

Equipment

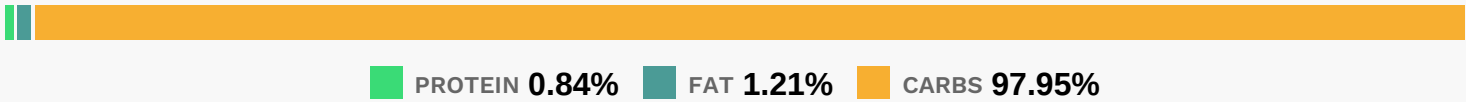
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sauce pan

Directions

- ☐
- Bring first 5 ingredients to a boil in a large saucepan over medium-high heat, stirring constantly. Reduce heat to low, and simmer, stirring constantly, 5 minutes or until cranberry skins begin to split.
- ☐
- Stir in preserves and remaining ingredients; simmer, stirring constantly, 5 minutes.
- ☐
- Remove from heat, and cool chutney completely (about 2 hours).

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:6.24, Inflammation Score:-1, Nutrition Score:1.4334782711838%

Flavonoids

Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg, Cyanidin: 2.76mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 90.49kcal (4.52%), Fat: 0.13g (0.2%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 22.06g (8.02%), Sugar: 18.6g (20.66%), Cholesterol: 0mg (0%), Sodium: 6.72mg (0.29%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin C: 7.5mg (9.1%), Fiber: 1.23g (4.93%), Manganese: 0.05mg (2.39%), Vitamin A: 89.83IU (1.8%), Copper: 0.04mg (1.78%), Potassium: 54.32mg (1.55%), Vitamin E: 0.22mg (1.49%), Vitamin K: 1.56µg (1.49%), Folate: 4.94µg (1.24%), Vitamin B2: 0.02mg (1.02%)