



## Hot Cranberry Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



446 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.3 cup almonds finely chopped
- 1 tablespoon brown sugar
- 2 tablespoons cider vinegar
- 2 cups cranberries
- 0.3 teaspoon pepper red crushed
- 0.3 teaspoon ground ginger
- 0.5 cup raisins
- 1 cup sugar

1 cup water

## Equipment

sauce pan

ladle

## Directions

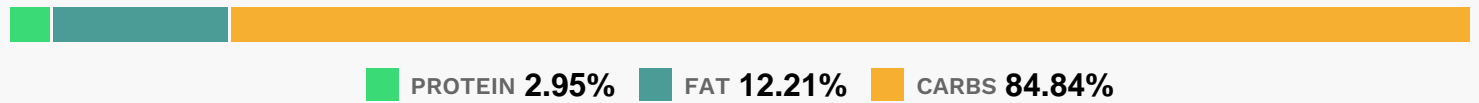
Combine sugar and water in a large stainless steel saucepan; bring to a boil. Boil, stirring constantly, until sugar dissolves. Reduce heat; add remaining ingredients. Continue to cook, uncovered, 10 minutes or until cranberries burst and mixture thickens, stirring occasionally.

Remove from heat.

Quickly ladle chutney into hot sterilized jars, leaving 1/2-inch head space.

Remove air bubbles. Cover at once with metal lids, and screw bands tight. Process in boiling-water bath 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:74.63, Glycemic Load:59.39, Inflammation Score:-4, Nutrition Score:8.3152172824611%

## Flavonoids

Cyanidin: 31.25mg, Cyanidin: 31.25mg, Cyanidin: 31.25mg, Cyanidin: 31.25mg Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 32.77mg, Peonidin: 32.77mg, Peonidin: 32.77mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg, Epicatechin: 2.98mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg, Myricetin: 4.42mg Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg, Quercetin: 9.94mg

## Nutrients (% of daily need)

Calories: 446.19kcal (22.31%), Fat: 6.41g (9.86%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 100.16g (33.39%), Net Carbohydrates: 94.54g (34.38%), Sugar: 73.84g (82.04%), Cholesterol: 0mg (0%), Sodium: 17.23mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Manganese: 0.67mg (33.26%), Vitamin E: 3.99mg (26.63%), Fiber: 5.61g (22.46%), Vitamin C: 10.64mg (12.9%), Copper: 0.26mg (12.77%), Vitamin B2: 0.21mg (12.22%), Magnesium: 45.68mg (11.42%), Potassium: 359.46mg (10.27%), Phosphorus: 84.52mg (8.45%), Iron: 1.36mg (7.58%), Vitamin B6: 0.11mg (5.3%), Calcium: 51.95mg (5.19%), Vitamin B3: 0.81mg (4.04%), Vitamin B1: 0.06mg (4%), Zinc: 0.51mg (3.39%), Vitamin K: 3.51µg (3.34%), Vitamin B5: 0.27mg (2.71%), Selenium: 1.29µg (1.84%), Vitamin A: 89.59IU (1.79%), Folate: 6.74µg (1.69%)