



Jalapeño-Cranberry Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



48

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 teaspoon pepper black
- 12 ounce cranberries fresh
- 0.3 cup jalapeno minced seeded (3 peppers)
- 0.5 cup red wine vinegar
- 0.3 teaspoon salt
- 0.3 cup shallots chopped (2 large)
- 0.5 cup sugar
- 1 medium 1 tangerine seeded cut into 8 wedges and

Equipment

- food processor
- sauce pan

Directions

- Place cranberries and tangerine wedges in a food processor; process until coarsely chopped.
- Bring vinegar and shallots to a boil in a saucepan. Reduce heat, and simmer, uncovered, 5 minutes or until mixture is reduced to 1/3 cup. Stir in cranberry mixture, sugar, and remaining ingredients. Cook over medium–low heat 5 minutes, stirring frequently.
- Serve chutney warm or chilled.

Nutrition Facts

 **PROTEIN 2.38%** **FAT 1.57%** **CARBS 96.05%**

Properties

Glycemic Index:5.23, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:0.4669565177806%

Flavonoids

Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.48mg, Peonidin: 3.48mg, Peonidin: 3.48mg, Peonidin: 3.48mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 13.77kcal (0.69%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 12.67mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.17%), Vitamin C: 2.15mg (2.6%), Manganese: 0.03mg (1.64%), Fiber:

0.34g (1.37%)