

Loquat Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



100

CALORIES



36 kcal

CONDIMENT

DIP

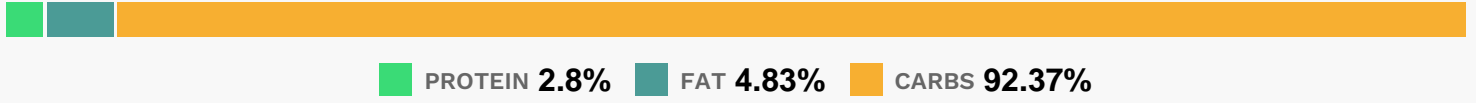
SPREAD

Ingredients

- 4 large apples
- 2 teaspoons pepper flakes crushed
- 750 ml apple cider vinegar
- 300 g apricot dried
- 80 g ginger
- 4 tablespoons mustard seeds
- 500 g sugar raw
- 2 teaspoons salt

Equipment

Nutrition Facts



Properties

Glycemic Index:1.65, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:0.81521739130435%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 36.32kcal (1.82%), Fat: 0.2g (0.3%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 7.94g (2.89%), Sugar: 7.57g (8.41%), Cholesterol: 0mg (0%), Sodium: 47.6mg (2.07%), Protein: 0.26g (0.51%), Vitamin A: 114.03IU (2.28%), Manganese: 0.04mg (2.21%), Fiber: 0.5g (2.02%), Potassium: 58.22mg (1.66%), Selenium: 1µg (1.42%), Vitamin E: 0.17mg (1.14%)