



Mango-Cranberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



587 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup cider vinegar
- ☐ 1 cinnamon sticks
- ☐ 1 pound cranberries
- ☐ 1 teaspoon curry powder
- ☐ 1 cup granulated sugar
- ☐ 1 cup brown sugar light packed
- ☐ 2 large underripe mangoes peeled cut into 3/4-inch dice
- ☐ 1 teaspoon mustard seeds

- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 pinch salt
- ☐ 1 small vidalia sweet chopped

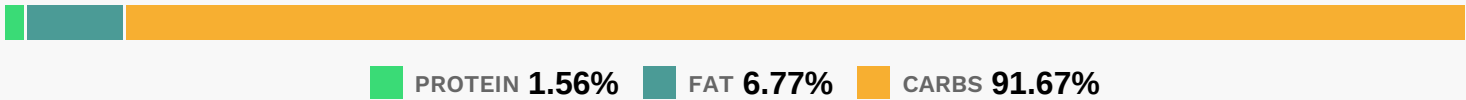
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 teaspoon of the oil in a large saucepan.
- ☐ Add the onion and salt and cook over moderately low heat, stirring, until the onion softens, about 8 minutes.
- ☐ Add the curry and cinnamon stick and cook for 1 minute. Stir in the sugars and vinegar and bring to a boil.
- ☐ Add the mangoes and cook, stirring occasionally, until softened, 35 to 40 minutes.
- ☐ Add the cranberries and cook over moderate heat for 40 minutes, crushing them against the sides of the pan.
- ☐ Heat the remaining 2 teaspoons of oil in a small skillet.
- ☐ Add the mustard seeds and cook until they begin to pop, then stir them into the chutney.
- ☐ Transfer to a bowl and let cool.
- ☐ Make Ahead: The chutney can be refrigerated for up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:54.21, Glycemic Load:46.5, Inflammation Score:-9, Nutrition Score:13.948260846345%

Flavonoids

Cyanidin: 52.75mg, Cyanidin: 52.75mg, Cyanidin: 52.75mg, Cyanidin: 52.75mg Delphinidin: 8.72mg, Delphinidin: 8.72mg, Delphinidin: 8.72mg, Delphinidin: 8.72mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg, Peonidin: 55.75mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg, Epicatechin: 4.96mg Epigallocatechin 3–gallate: 1.17mg, Epigallocatechin 3–gallate: 1.17mg, Epigallocatechin 3–gallate: 1.17mg, Epigallocatechin 3–gallate: 1.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 8.52mg, Myricetin: 8.52mg, Myricetin: 8.52mg, Myricetin: 8.52mg Quercetin: 28.84mg, Quercetin: 28.84mg, Quercetin: 28.84mg, Quercetin: 28.84mg

Nutrients (% of daily need)

Calories: 587.05kcal (29.35%), Fat: 4.62g (7.11%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 140.62g (46.87%), Net Carbohydrates: 133.41g (48.51%), Sugar: 126.63g (140.7%), Cholesterol: 0mg (0%), Sodium: 37.45mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 57.67mg (69.9%), Manganese: 0.84mg (42.03%), Fiber: 7.21g (28.82%), Vitamin A: 1196.48IU (23.93%), Vitamin E: 3.16mg (21.08%), Folate: 67.26µg (16.81%), Vitamin B6: 0.33mg (16.4%), Potassium: 476.05mg (13.6%), Copper: 0.27mg (13.42%), Vitamin K: 11.1µg (10.57%), Calcium: 98.41mg (9.84%), Magnesium: 35.62mg (8.9%), Iron: 1.41mg (7.82%), Vitamin B5: 0.7mg (7.01%), Phosphorus: 62.41mg (6.24%), Vitamin B1: 0.08mg (5.6%), Selenium: 3.81µg (5.44%), Vitamin B2: 0.09mg (5.4%), Vitamin B3: 1.04mg (5.21%), Zinc: 0.42mg (2.79%)