



Mara's Blueberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



47 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tablespoon agave nectar
- ☐ 1 cup blueberries fresh
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 lemon zest juiced
- ☐ 0.5 onion chopped
- ☐ 4 servings salt to taste

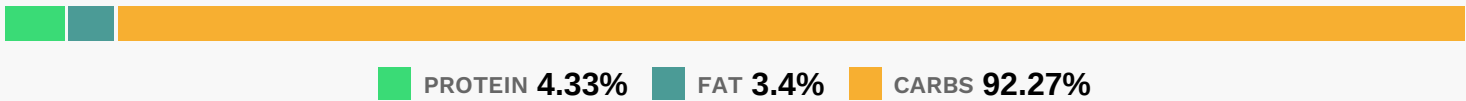
Equipment

☐ frying pan

Directions

- ☐ Heat a non-stick skillet over medium heat; cook and stir onion and garlic in the hot skillet until fragrant and onion is slightly softened, 5 to 10 minutes. Stir blueberries into onion mixture and cook for 2 to 3 minutes.
- ☐ Add lemon zest, lemon juice, agave nectar, ginger, cinnamon, and salt to blueberry mixture; cook and stir until chutney is thickened, 10 to 15 minutes. Refrigerate until chilled, at least 30 minutes.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:2.75, Inflammation Score:-2, Nutrition Score:2.8891304005747%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 47.24kcal (2.36%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 10.23g (3.72%), Sugar: 7.9g (8.78%), Cholesterol: 0mg (0%), Sodium: 195.28mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Manganese: 0.41mg (20.46%), Vitamin C: 6.72mg (8.15%),

Vitamin K: 8.55µg (8.14%), Fiber: 1.56g (6.25%), Vitamin B6: 0.06mg (3.13%), Vitamin B1: 0.03mg (1.91%), Vitamin E: 0.28mg (1.86%), Potassium: 61.78mg (1.77%), Vitamin B2: 0.03mg (1.77%), Copper: 0.03mg (1.71%), Iron: 0.3mg (1.66%), Folate: 6.62µg (1.66%), Vitamin B3: 0.27mg (1.35%), Calcium: 13.5mg (1.35%), Magnesium: 5.32mg (1.33%), Phosphorus: 10.88mg (1.09%)