



## Max and Eli Sussman's Apple Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



180 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 apples cored roughly chopped
- 1 tablespoon ginger fresh chopped
- 1 teaspoon ground allspice
- 0.5 juice of lemon
- 0.3 cup brown sugar light packed
- 1 tablespoon olive oil
- 4 servings salt
- 2 onion white chopped

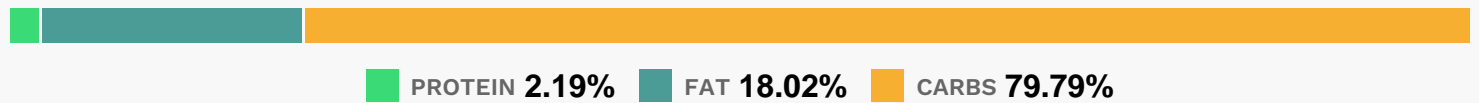
## Equipment

- frying pan
- sauce pan

## Directions

- In a frying pan, heat the olive oil over medium heat.
- Add the onions and stir to coat with the oil. Reduce the heat to low and cook, stirring often, until the onions are caramelized to a deep golden brown, about 45 minutes.
- Put the apples in a saucepan and add 1/4 cup water. Simmer over low heat until very tender, about 30 minutes. Mash the apples, but leave some nice chunky texture.
- Add the onions, brown sugar, ginger, allspice, lemon zest and juice, and a pinch of salt to the pan with the apples and stir to mix well.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:6.19, Inflammation Score:-4, Nutrition Score:4.2286955662396%

## Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Myricetin: 0.02mg Quercetin: 16.65mg, Quercetin: 16.65mg, Quercetin: 16.65mg, Quercetin: 16.65mg

## **Nutrients (% of daily need)**

Calories: 179.71kcal (8.99%), Fat: 3.85g (5.93%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 34.03g (12.37%), Sugar: 29.99g (33.32%), Cholesterol: 0mg (0%), Sodium: 201.93mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Fiber: 4.37g (17.46%), Vitamin C: 12.08mg (14.65%), Potassium: 261.06mg (7.46%), Manganese: 0.15mg (7.36%), Vitamin B6: 0.13mg (6.66%), Vitamin E: 0.77mg (5.14%), Vitamin K: 5.33µg (5.08%), Folate: 15.81µg (3.95%), Magnesium: 15.22mg (3.81%), Calcium: 36.22mg (3.62%), Copper: 0.07mg (3.61%), Vitamin B1: 0.05mg (3.36%), Phosphorus: 32.97mg (3.3%), Vitamin B2: 0.05mg (3.05%), Iron: 0.45mg (2.48%), Vitamin B5: 0.18mg (1.78%), Vitamin A: 77.74IU (1.55%), Vitamin B3: 0.23mg (1.17%), Zinc: 0.17mg (1.1%)