



Nigel Slater's Hot, Sweet Plum Chutney

 Vegetarian  Vegan  Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



859 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.7 cup apple cider vinegar
- 1 cinnamon sticks
- 0.5 teaspoon chilies dried crushed
- 1 cup g muscovado sugar light
- 0.7 cup malt vinegar
- 12 ounces onion
- 1.5 pounds plums
- 0.8 cup raisins generous

- 1 teaspoon salt
- 2 teaspoons mustard seeds yellow

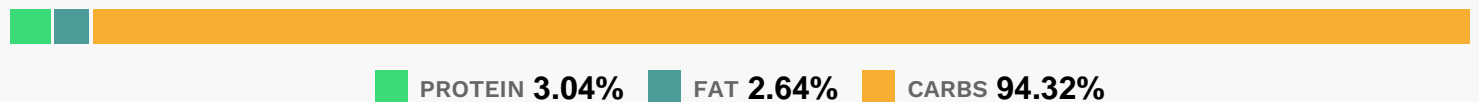
Equipment

- frying pan

Directions

- Halve the plums and discard the pits. Peel and coarsely chop the onions.
- Put the fruit and onions into a large stainless steel or enameled pan with the raisins, sugar, chile, salt, mustard seeds, vinegars, and cinnamon stick. Bring to a boil, turn down the heat, and leave to simmer for an hour, giving the occasional stir to reduce the risk of the chutney sticking.
- Spoon into sterilized jars and seal.

Nutrition Facts



Properties

Glycemic Index:109.73, Glycemic Load:39.92, Inflammation Score:-9, Nutrition Score:21.609565320222%

Flavonoids

Cyanidin: 19.15mg, Cyanidin: 19.15mg, Cyanidin: 19.15mg, Cyanidin: 19.15mg Peonidin: 1.05mg, Peonidin: 1.05mg, Peonidin: 1.05mg, Peonidin: 1.05mg Catechin: 9.83mg, Catechin: 9.83mg, Catechin: 9.83mg, Catechin: 9.83mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 10.89mg, Epicatechin: 10.89mg, Epicatechin: 10.89mg, Epicatechin: 10.89mg Epicatechin 3-gallate: 2.59mg, Epicatechin 3-gallate: 2.59mg, Epicatechin 3-gallate: 2.59mg, Epicatechin 3-gallate: 2.59mg Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 37.59mg, Quercetin: 37.59mg, Quercetin: 37.59mg, Quercetin: 37.59mg Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg, Gallocatechin: 0.31mg

Nutrients (% of daily need)

Calories: 859.06kcal (42.95%), Fat: 2.6g (4%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 209.14g (69.71%), Net Carbohydrates: 196.14g (71.32%), Sugar: 148.76g (165.29%), Cholesterol: 0mg (0%), Sodium: 1222.94mg (53.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Manganese: 1.25mg (62.46%), Vitamin C: 48.51mg (58.8%), Fiber: 13g (52%), Potassium: 1490.16mg (42.58%), Vitamin A: 1509.56IU (30.19%), Copper: 0.52mg (25.83%), Vitamin B6: 0.47mg (23.74%), Vitamin K: 24.49µg (23.33%), Magnesium: 85.13mg (21.28%), Iron: 3.82mg (21.2%), Calcium: 203.53mg (20.35%), Phosphorus: 186.63mg (18.66%), Vitamin B1: 0.26mg (17.33%), Vitamin B2: 0.26mg (15.1%), Folate: 57.65µg (14.41%), Selenium: 9.34µg (13.35%), Vitamin B3: 2.61mg (13.07%), Vitamin B5: 0.88mg (8.8%), Vitamin E: 1.15mg (7.67%), Zinc: 1.03mg (6.87%)