

Papaya Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



381 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup almonds chopped
- 2 cups cooking apple cored peeled chopped
- 1 cup firmly brown sugar packed
- 1 tablespoon candied ginger chopped
- 2 tablespoons chiles green canned chopped
- 2 cloves garlic crushed
- 3 tablespoons juice of lime
- 0.3 cup onion chopped

- 1 quart papaya chopped
- 0.5 cup raisins
- 1 teaspoon salt
- 0.5 cup water
- 0.8 cup vinegar white

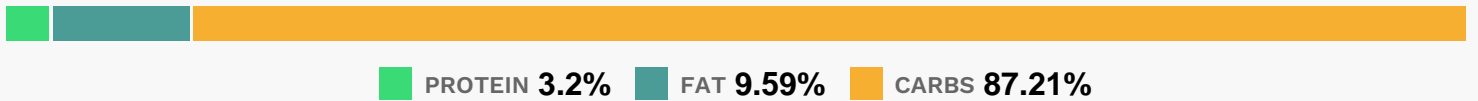
Equipment

- ladle
- pot
- potato masher

Directions

- Combine all ingredients, except almonds, in a stainless steel stockpot. Bring to a boil. Reduce heat; cover and simmer 30 minutes, stirring occasionally.
- Add almonds; cook, uncovered, 30 minutes, stirring occasionally. Mash fruit mixture lightly with a potato masher.
- Quickly ladle chutney into hot sterilized jars, leaving 1/2-inch head space.
- Remove air bubbles. Cover at once with metal lids, and screw bands tight. Process in boiling-water bath 10 minutes.

Nutrition Facts



Properties

Glycemic Index:53.31, Glycemic Load:18.4, Inflammation Score:-9, Nutrition Score:15.075652112132%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:

0.09mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 380.71kcal (19.04%), Fat: 4.26g (6.55%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 87.2g (29.07%), Net Carbohydrates: 80.6g (29.31%), Sugar: 65.03g (72.25%), Cholesterol: 0mg (0%), Sodium: 523.96mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin C: 124.07mg (150.38%), Vitamin A: 1837.47IU (36.75%), Fiber: 6.6g (26.39%), Folate: 81.25µg (20.31%), Potassium: 663.19mg (18.95%), Manganese: 0.38mg (18.89%), Magnesium: 72.55mg (18.14%), Vitamin E: 2.51mg (16.74%), Copper: 0.25mg (12.62%), Calcium: 111.39mg (11.14%), Vitamin B2: 0.18mg (10.51%), Vitamin B6: 0.18mg (9.13%), Iron: 1.63mg (9.04%), Phosphorus: 79.06mg (7.91%), Vitamin B3: 1.26mg (6.29%), Vitamin B1: 0.09mg (6.12%), Vitamin K: 6.13µg (5.84%), Vitamin B5: 0.52mg (5.23%), Selenium: 2.47µg (3.53%), Zinc: 0.48mg (3.21%)