



Peach & chilli chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



20

CALORIES



75 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 onion sliced
- ☐ 700 g peaches firm prepared peeled cut into small dice (weight) (8)
- ☐ 6 pepper flakes red finely chopped
- ☐ 1 piece ginger peeled cut into fine matchsticks
- ☐ 1 tbsp cumin seeds
- ☐ 15 cardamom pods
- ☐ 200 g brown sugar light soft

☐ 250 ml apple cider vinegar

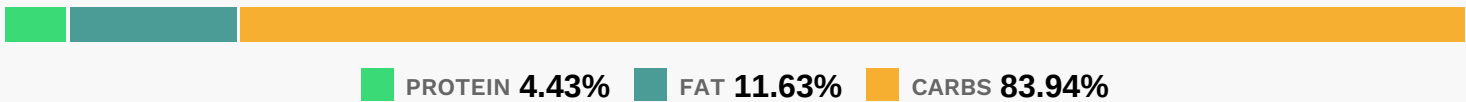
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large pan, add the onion and cook for a few mins until starting to soften.
- ☐ Add the remaining ingredients, increase the heat and stir to dissolve the sugar. Reduce the heat and simmer, uncovered, until most of the liquid has evaporated and the peaches have softened this will take about 45 mins. Meanwhile, sterilise your jars (see tip, below).
- ☐ Transfer the chutney to the jars, seal and leave to cool before eating. The chutney can be stored in a cool dry place for up to 1 year. Once opened, keep in the fridge and eat within 4 weeks.

Nutrition Facts



Properties

Glycemic Index:8.86, Glycemic Load:1.86, Inflammation Score:-3, Nutrition Score:4.5347826740016%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg, Catechin: 1.72mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 75.03kcal (3.75%), Fat: 1.01g (1.55%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 15.11g (5.49%), Sugar: 13.65g (15.16%), Cholesterol: 0mg (0%), Sodium: 10.24mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin C: 21.6mg (26.18%), Manganese: 0.52mg (26.12%), Fiber: 1.28g (5.12%), Vitamin A: 246.54IU (4.93%), Vitamin B6: 0.09mg (4.65%), Iron: 0.78mg (4.32%), Vitamin K: 4.23µg (4.03%), Potassium: 140.32mg (4.01%), Magnesium: 12.67mg (3.17%), Copper: 0.06mg (3.09%), Vitamin E: 0.42mg (2.78%), Vitamin B3: 0.5mg (2.5%), Calcium: 22.33mg (2.23%), Phosphorus: 20.8mg (2.08%), Zinc: 0.26mg

(1.74%), Vitamin B1: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.63%), Folate: 6.42µg (1.6%), Selenium: 0.98µg (1.4%),
Vitamin B5: 0.1mg (1.01%)