



Peach Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



56 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons ginger fresh minced peeled
- ☐ 1 jalapeno minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.8 pounds peaches peeled chopped
- ☐ 1.5 cups onion red finely chopped
- ☐ 0.5 teaspoon salt

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0.5 cup citrus champagne vinegar

Equipment

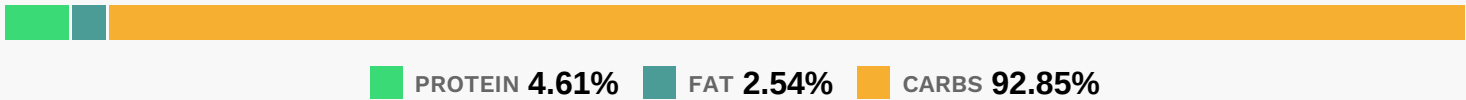
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sauce pan

Directions

- ☐ Combine first 6 ingredients in a saucepan; bring to a boil. Cover, reduce heat, and simmer 45 minutes. Stir in jalapeo. Simmer, uncovered, 5 minutes.
- ☐ Remove from heat; stir in cilantro and juice. Cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:9.14, Glycemic Load:2.07, Inflammation Score:-3, Nutrition Score:2.0999999927438%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 56.27kcal (2.81%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 12.57g (4.57%), Sugar: 11.56g (12.85%), Cholesterol: 0mg (0%), Sodium: 82.71mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 4.98mg (6.04%), Fiber: 1.07g (4.29%), Vitamin A: 206.14IU (4.12%), Manganese: 0.06mg (3.2%), Vitamin K: 3.27µg (3.12%), Potassium: 106.91mg (3.05%), Vitamin E: 0.42mg (2.78%), Copper: 0.05mg (2.68%), Vitamin B3: 0.45mg (2.27%), Vitamin B6: 0.04mg (2.02%), Magnesium: 7.36mg (1.84%), Selenium: 1.22µg (1.74%), Phosphorus: 17.31mg (1.73%), Iron: 0.3mg (1.69%), Folate: 6.77µg (1.69%), Vitamin B1: 0.02mg (1.35%), Vitamin B2: 0.02mg (1.27%), Calcium: 12.55mg (1.25%), Vitamin B5: 0.11mg (1.14%), Zinc: 0.15mg (1.03%)