



Pear-Apple Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 Tbsp heinz apple cider vinegar
- 0.3 cup brown sugar packed
- 0.5 tsp pepper red crushed
- 2 tsp garlic powder
- 2 granny smith apples chopped
- 0.5 tsp olive oil
- 2 pears fresh chopped
- 1 large onion red chopped

0.5 cup water

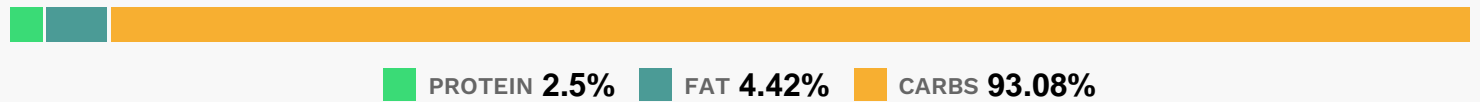
Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add onions; cook and stir 5 min. or until crisp-tender.
- Add all remaining ingredients except fruit; mix well.
- Stir in fruit; simmer on medium-low heat 30 min. or until fruit is tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:2.82, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:0.37347825908143%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 13.89kcal (0.69%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.03g (1.1%), Sugar: 2.62g (2.91%), Cholesterol: 0mg (0%), Sodium: 1.09mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Fiber: 0.45g (1.8%)