



## Pear-Apple Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



29 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

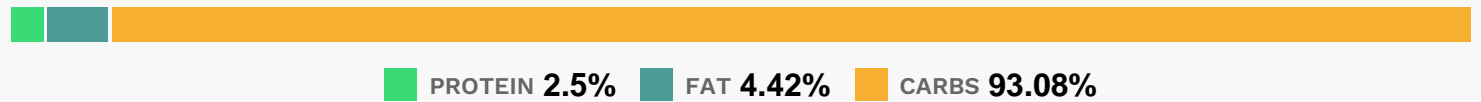
## Equipment

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:5.86, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:0.77739129701386%

## Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 28.95kcal (1.45%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 6.3g (2.29%), Sugar: 5.46g (6.06%), Cholesterol: 0mg (0%), Sodium: 2.27mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Fiber: 0.94g (3.76%), Vitamin C: 1.68mg (2.03%), Potassium: 47.98mg (1.37%), Manganese: 0.03mg (1.31%), Vitamin B6: 0.02mg (1.11%), Copper: 0.02mg (1.09%), Vitamin K: 1.11µg (1.05%)