



Pear Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



53 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup crystallized ginger chopped
- ☐ 1 small bell pepper green minced
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 ounce liquid pectin
- ☐ 4.5 pounds pears firm ripe peeled chopped

- ☐ 1 cup raisins
- ☐ 1.5 teaspoons salt
- ☐ 4 cups sugar
- ☐ 1 cup water
- ☐ 3 cups vinegar white

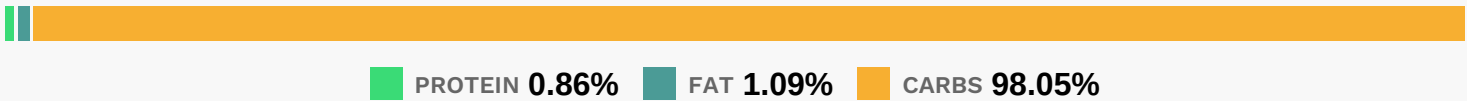
Equipment

- ☐ dutch oven

Directions

- ☐ Bring first 12 ingredients to a boil in a large Dutch oven. Reduce heat, and simmer, stirring occasionally, 2 hours or until pear is tender. Stir in liquid pectin; return mixture to a boil, and boil, stirring constantly, 1 minute.
- ☐ Remove from heat, and skim off foam with a metal spoon.
- ☐ Pour hot chutney into hot, sterilized jars, filling each to 1/4 inch from top; wipe jar rims. Cover at once with metal lids, and screw on bands.
- ☐ Process jars in boiling-water bath 5 minutes.
- ☐ Note: If chutney is not processed in a water bath, you may store sealed jars in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:3.16, Glycemic Load:7.11, Inflammation Score:-1, Nutrition Score:0.60304347587668%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.19mg

Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 52.92kcal (2.65%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 12.61g (4.59%), Sugar: 11.06g (12.29%), Cholesterol: 0mg (0%), Sodium: 36.1mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Fiber: 0.77g (3.08%), Vitamin C: 1.55mg (1.88%), Manganese: 0.02mg (1.21%), Copper: 0.02mg (1.16%), Potassium: 37.42mg (1.07%)