



Pear-Cranberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



93 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup apple cider vinegar
- ☐ 1 cup cranberries fresh
- ☐ 2 teaspoons ginger finely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 3 cups pears firm cored ripe peeled coarsely chopped
- ☐ 0.8 cup sugar

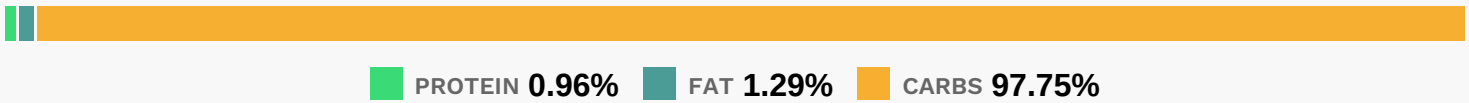
Equipment

☐ sauce pan

Directions

- ☐ In 2-quart saucepan, mix all ingredients.
- ☐ Heat to boiling; reduce heat to low. Simmer uncovered about 1 hour, stirring frequently, until thickened.
- ☐ Cool 1 hour, stirring occasionally.
- ☐ Serve chutney at room temperature for best flavor. Cover and refrigerate up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:21.18, Glycemic Load:13.05, Inflammation Score:-1, Nutrition Score:1.5908695504717%

Flavonoids

Cyanidin: 5.64mg, Cyanidin: 5.64mg, Cyanidin: 5.64mg, Cyanidin: 5.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg, Epicatechin: 2.25mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 93.09kcal (4.65%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 21.84g (7.94%), Sugar: 20.16g (22.4%), Cholesterol: 0mg (0%), Sodium: 1.63mg (0.07%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Fiber: 1.94g (7.74%), Manganese: 0.14mg (6.9%), Vitamin C: 3.5mg (4.24%), Vitamin K: 2.73µg (2.6%), Copper: 0.05mg (2.43%), Potassium: 75.65mg (2.16%), Vitamin E: 0.2mg (1.32%), Magnesium: 4.94mg (1.24%), Vitamin B6: 0.02mg (1.04%), Vitamin B2: 0.02mg (1.04%)