



Pineapple, fig & ginger chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



1

CALORIES



2518 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 large pineapple prepared roughly chopped
- ☐ 500 g bramley apples cored peeled finely chopped
- ☐ 1 piece ginger fresh finely chopped
- ☐ 140 g figs dried chopped
- ☐ 2 tsp mustard seeds shopping list black
- ☐ 1 onion red finely chopped
- ☐ 0.5 tsp nutmeg freshly grated
- ☐ 500 ml apple cider vinegar

☐ 400 g g muscovado sugar light

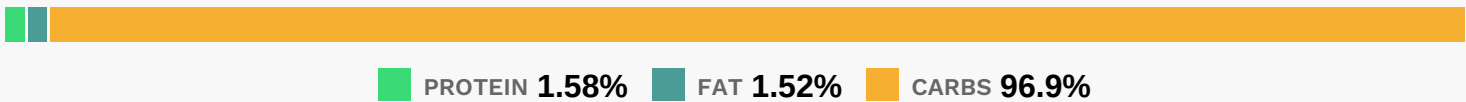
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot

Directions

- ☐ Tip the pineapple into a food processor, then pulse until finely chopped. Tip into a large, wide pan with the apples, ginger, onion, figs, spices, vinegar and 2 tsp salt. Bring to the boil, stirring, then boil for 10 mins until the apples are softened.
- ☐ Add the sugar, then stir to dissolve. Simmer for 20–30 mins, stirring occasionally, until the chutney is thickened. Pot into warm sterilised jars, seal and label. Will keep for 6 months.

Nutrition Facts



Properties

Glycemic Index:303.67, Glycemic Load:98.81, Inflammation Score:-10, Nutrition Score:45.674347960431%

Flavonoids

Cyanidin: 8.55mg, Cyanidin: 8.55mg, Cyanidin: 8.55mg, Cyanidin: 8.55mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 8.73mg, Catechin: 8.73mg, Catechin: 8.73mg, Catechin: 8.73mg Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg Epicatechin: 38.35mg, Epicatechin: 38.35mg, Epicatechin: 38.35mg, Epicatechin: 38.35mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.95mg, Epigallocatechin 3–gallate: 0.95mg, Epigallocatechin 3–gallate: 0.95mg, Epigallocatechin 3–gallate: 0.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 51.31mg, Quercetin: 51.31mg, Quercetin: 51.31mg, Quercetin: 51.31mg

Nutrients (% of daily need)

Calories: 2517.87kcal (125.89%), Fat: 4.37g (6.72%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 624.72g (208.24%), Net Carbohydrates: 593.26g (215.73%), Sugar: 559.35g (621.5%), Cholesterol: 0mg (0%), Sodium: 158.71mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.32%), Vitamin C: 467.2mg (566.3%), Manganese: 10.55mg (527.25%), Fiber: 31.46g (125.83%), Vitamin B6: 1.7mg (85.08%), Potassium: 2969.99mg (84.86%), Copper: 1.55mg (77.64%), Vitamin B1: 0.97mg (64.82%), Magnesium: 249.48mg (62.37%), Calcium: 603.09mg (60.31%), Folate: 219.29µg (54.82%), Iron: 8.27mg (45.93%), Vitamin B5: 3.36mg (33.63%), Vitamin B3: 6.36mg (31.82%), Vitamin B2: 0.53mg (31.34%), Phosphorus: 273.15mg (27.32%), Vitamin K: 24.58µg (23.41%), Selenium: 15.43µg (22.04%), Vitamin A: 998.26IU (19.97%), Zinc: 2.3mg (15.3%), Vitamin E: 1.48mg (9.85%)