



Pineapple-Walnut Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon ginger fresh minced
- 4 cloves garlic minced
- 1.5 teaspoons mustard seed
- 20 oz pineapple chunks in juice unsweetened canned
- 2 chilies dried red stemmed
- 0.5 teaspoon salt
- 0.5 cup sugar
- 0.5 cup walnuts coarsely chopped

0.3 cup distilled vinegar white

Equipment

frying pan

rolling pin

mortar and pestle

Directions

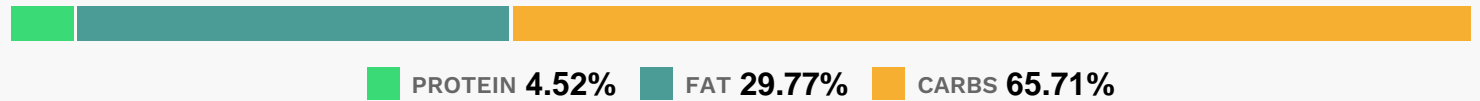
Coarsely crush chilies and mustard seed using a mortar and pestle, or seal spices in a heavy plastic food bag and roughly crush with a rolling pin.

In a 2- to 3-quart pan, combine the chili mixture, ginger, garlic, pineapple with juice, vinegar, sugar, and salt. Bring to a boil over high heat, then lower heat to medium and simmer, uncovered, stirring occasionally, until most of the liquid has evaporated, 35 to 40 minutes.

Stir in walnuts.

Serve warm or cool. Cover and chill up to 1 week.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:11.99, Inflammation Score:-3, Nutrition Score:5.0947825753171%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 195.44kcal (9.77%), Fat: 6.81g (10.48%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 31.76g (11.55%), Sugar: 30.53g (33.92%), Cholesterol: 0mg (0%), Sodium: 196.12mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Manganese: 0.4mg (19.88%), Copper: 0.27mg (13.61%), Vitamin C: 9.8mg (11.88%), Vitamin B1: 0.14mg (9.34%), Magnesium: 33.65mg (8.41%), Fiber: 2.09g (8.35%), Vitamin B6: 0.15mg (7.71%), Potassium: 182.35mg (5.21%), Phosphorus: 50.85mg (5.08%), Selenium: 2.89µg (4.12%), Folate: 15.77µg (3.94%), Iron: 0.68mg (3.79%), Calcium: 31.69mg (3.17%), Zinc: 0.47mg (3.16%), Vitamin B2: 0.04mg

(2.6%), Vitamin B3: 0.45mg (2.25%), Vitamin A: 93.76IU (1.88%), Vitamin K: 1.18µg (1.12%)