



Plum Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



65 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup brown sugar packed
- 0.3 cup cider vinegar
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced peeled
- 1 garlic clove minced
- 1 jalapeno
- 2 teaspoons mustard seeds

- 1 tablespoon olive oil
- 2.5 pounds plums chopped
- 1 poblano chile
- 1 cup onion red thinly sliced
- 0.5 teaspoon salt
- 1 cup tomatoes seeded chopped

Equipment

- baking sheet
- sauce pan
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat broiler.
- Place jalapeo and poblano on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally.
- Place in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel jalapeo and poblano; cut in half lengthwise. Discard seeds and membranes; coarsely chop.
- Heat oil in a large saucepan over medium-high heat.
- Add onion, ginger, and garlic; saut 5 minutes or until tender.
- Add jalapeo, poblano, plums, and next 6 ingredients (plums through black pepper); bring to a boil. Cover, reduce heat, and simmer 30 minutes, stirring occasionally. Uncover and simmer an additional 15 minutes or until liquid almost evaporates, stirring occasionally. Cool completely. Stir in cilantro.

Nutrition Facts



■ PROTEIN 5.2% ■ FAT 16.46% ■ CARBS 78.34%

Properties

Glycemic Index:18.42, Glycemic Load:3.13, Inflammation Score:-4, Nutrition Score:3.4565217909606%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg, Catechin: 2.05mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg, Epicatechin 3-gallate: 0.54mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 64.62kcal (3.23%), Fat: 1.26g (1.94%), Saturated Fat: 0.15g (0.97%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 12.03g (4.37%), Sugar: 11.31g (12.56%), Cholesterol: 0mg (0%), Sodium: 75.27mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 15.96mg (19.35%), Vitamin A: 376.41IU (7.53%), Vitamin K: 7.4µg (7.05%), Fiber: 1.51g (6.03%), Potassium: 179.32mg (5.12%), Manganese: 0.1mg (5.07%), Vitamin B6: 0.07mg (3.37%), Copper: 0.06mg (3.15%), Vitamin E: 0.45mg (3%), Magnesium: 10.29mg (2.57%), Vitamin B1: 0.04mg (2.42%), Phosphorus: 22.48mg (2.25%), Vitamin B3: 0.44mg (2.21%), Folate: 8.72µg (2.18%), Vitamin B2: 0.03mg (1.62%), Iron: 0.28mg (1.57%), Vitamin B5: 0.14mg (1.39%), Calcium: 13.28mg (1.33%), Selenium: 0.92µg (1.31%)