



Quick Apricot Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



43 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 jars apricot preserves (10 oz. each;)
- ☐ 1 tablespoon ginger fresh minced
- ☐ 0.3 cup mustard seed
- ☐ 1 cup rice vinegar

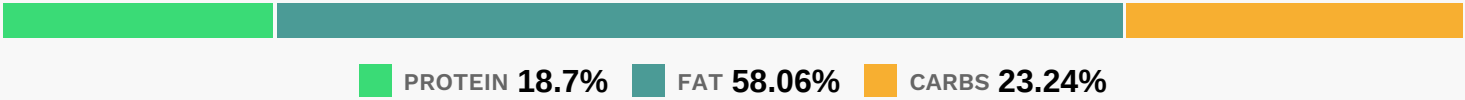
Equipment

- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan, combine jam, vinegar, mustard seed, and ginger.
- ☐ Stirring often, bring mixture to a boil over high heat. Continue boiling, stirring often, until reduced to 2 cups, about 8 minutes.
- ☐ Let the apricot chutney cool, then serve. Or pour into a jar, cover airtight, and chill.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:3.2682608283408%

Nutrients (% of daily need)

Calories: 43.03kcal (2.15%), Fat: 2.57g (3.96%), Saturated Fat: 0.14g (0.89%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 1.77mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Selenium: 14.91µg (21.3%), Manganese: 0.19mg (9.65%), Magnesium: 26.91mg (6.73%), Phosphorus: 60.23mg (6.02%), Vitamin B1: 0.06mg (3.82%), Iron: 0.67mg (3.71%), Fiber: 0.88g (3.53%), Zinc: 0.44mg (2.91%), Folate: 11.57µg (2.89%), Copper: 0.05mg (2.49%), Vitamin E: 0.36mg (2.41%), Calcium: 20.94mg (2.09%), Vitamin B3: 0.34mg (1.71%), Potassium: 56.74mg (1.62%), Vitamin B6: 0.03mg (1.48%), Vitamin B2: 0.02mg (1.11%)