



## Quick Cranberry-Apple Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



183 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 cups apple sauce homemade
- 10 ounce jalapeño pepper jelly
- 1 small onion sweet
- 6 ounce cranberries dried sweetened

### Equipment

- sauce pan

# Directions

Stir together 2 cups Homemade Applesauce; 1 (10-ounce) jar jalapeno pepper jelly; 1 (6-ounce) package sweetened dried cranberries; and 1 small sweet onion, finely chopped, in a 3-quart saucepan. Bring to a boil over medium heat, and cook, stirring often, 10 minutes or until thickened.

# Nutrition Facts



# Properties

Glycemic Index:6.4, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:10.518695509952%

# Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg

# Nutrients (% of daily need)

Calories: 183.4kcal (9.17%), Fat: 0.73g (1.12%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 42.82g (15.57%), Sugar: 39.52g (43.91%), Cholesterol: 0mg (0%), Sodium: 10.65mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.54%), Vitamin C: 71.47mg (86.63%), Fiber: 5.06g (20.24%), Vitamin E: 2.91mg (19.42%), Vitamin B6: 0.36mg (18.15%), Vitamin K: 13.76µg (13.11%), Vitamin A: 640.18IU (12.8%), Manganese: 0.22mg (10.99%), Potassium: 308.29mg (8.81%), Folate: 33.46µg (8.37%), Copper: 0.11mg (5.55%), Vitamin B3: 1.08mg (5.41%), Vitamin B2: 0.09mg (5.4%), Vitamin B1: 0.08mg (5.31%), Magnesium: 18.75mg (4.69%), Phosphorus: 40.22mg (4.02%), Iron: 0.67mg (3.73%), Vitamin B5: 0.36mg (3.57%), Calcium: 27.01mg (2.7%), Zinc: 0.23mg (1.52%), Selenium: 1.05µg (1.51%)