



Quince and Currant Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



122 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 0.5 cup apple cider vinegar
- ☐ 1 teaspoon mustard seeds shopping list black
- ☐ 0.5 cup currants dried
- ☐ 0.3 cup ginger fresh minced peeled
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 teaspoons orange zest grated

- ☐ 1 pound quinces cored peeled quartered cut into 1/3-inch cubes (scant 4 cups) (3 medium)
- ☐ 1.5 cups onion red chopped
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.1 teaspoon salt
- ☐ 1 star anise whole

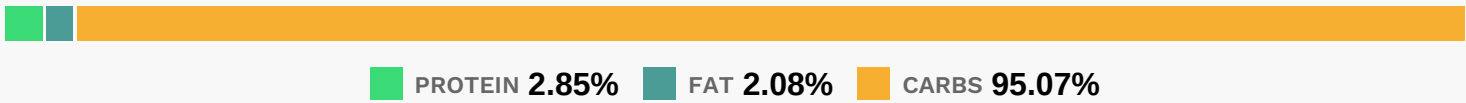
Equipment

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Mix all ingredients in heavy large saucepan; bring to boil. Reduce heat to medium-low and simmer until almost all liquid is absorbed, stirring often, about 45 minutes. Discard star anise. (Can be made 4 days ahead. Cover; chill.)
- ☐ *A brown star-shaped seedpod; available in the spice section of some supermarkets and at specialty foods stores and Asian markets.
- ☐ The hard core of the quince must be removed with a knife after each fruit is quartered. If the core is too hard to remove safely with a knife, trim pieces of fruit from around it, then cut the pieces into smaller cubes.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:5.64, Inflammation Score:-2, Nutrition Score:3.2334782688514%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 121.69kcal (6.08%), Fat: 0.3g (0.45%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 28.55g (10.38%), Sugar: 19.69g (21.88%), Cholesterol: 0mg (0%), Sodium: 42.07mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin C: 9.96mg (12.08%), Manganese: 0.17mg (8.63%), Fiber: 1.86g (7.45%), Potassium: 256.99mg (7.34%), Copper: 0.11mg (5.51%), Vitamin B6: 0.09mg (4.39%), Iron: 0.76mg (4.23%), Magnesium: 14.76mg (3.69%), Calcium: 32.85mg (3.28%), Phosphorus: 29.98mg (3%), Vitamin B1: 0.04mg (2.89%), Vitamin B2: 0.04mg (2.34%), Folate: 7.66µg (1.91%), Selenium: 1.29µg (1.85%), Vitamin B3: 0.32mg (1.62%), Vitamin B5: 0.11mg (1.12%), Vitamin A: 55.97IU (1.12%)