



Ratatouille chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



25

CALORIES



90 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 kg bell pepper red
- ☐ 500 g tomatoes ripe
- ☐ 500 g onion
- ☐ 500 g apples
- ☐ 500 ml citrus champagne vinegar
- ☐ 2 tsp mustard seeds shopping list black
- ☐ 2 tsp coriander seeds crushed
- ☐ 1 tbsp paprika

- ☐ 1 to 5 chillies red hot deseeded (if you don't like it too)
- ☐ 300 g g muscovado sugar light

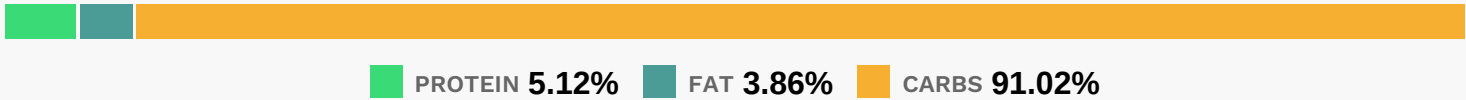
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot

Directions

- ☐ Chop the peppers, aubergines and courgettes into very small pieces. You can chop them roughly and pulse them in a food processor, if you like. Peel and chop the tomatoes. Finely chop the onions. Peel, core and finely chop the apples. Put everything in a large wide pan with the vinegar, 2 tsp salt, the mustard and coriander seeds, paprika and chilli, if using. Bring to the boil, stirring, then simmer for 25–30 mins until all the vegetables are very tender.
- ☐ Stir in the sugar until it has dissolved, then boil until the chutney is thickened and pulpy. Pot into warm, sterilised jars (see tip, below), seal and label.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:2.17, Inflammation Score:−9, Nutrition Score:10.330434840658%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 89.77kcal (4.49%), Fat: 0.4g (0.62%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 18.76g (6.82%), Sugar: 17.75g (19.72%), Cholesterol: 0mg (0%), Sodium: 9.79mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Vitamin C: 84.67mg (102.63%), Vitamin A: 2207.56IU (44.15%), Vitamin B6: 0.24mg (12.16%), Fiber: 2.52g (10.09%), Folate: 35.93µg (8.98%), Vitamin E: 1.2mg (7.97%), Manganese: 0.15mg (7.71%), Potassium: 263.44mg (7.53%), Vitamin K: 5.52µg (5.26%), Vitamin B2: 0.07mg (4.18%), Vitamin B3: 0.82mg (4.11%), Magnesium: 16.25mg (4.06%), Vitamin B1: 0.06mg (3.75%), Iron: 0.67mg (3.71%), Phosphorus: 34.04mg (3.4%), Vitamin B5: 0.27mg (2.72%), Calcium: 25.49mg (2.55%), Copper: 0.05mg (2.48%), Zinc: 0.27mg (1.79%)