



Red Onion and Apple Chutney

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



164 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons butter melted
- 0.3 cup cider vinegar
- 1 cup golden raisins
- 1 apples i use 2 granny smith apples cored chopped
- 0.1 teaspoon ground cloves
- 3 tablespoons honey
- 0.1 teaspoon mint flakes dried
- 0.1 teaspoon pepper

- 4 medium size purple onions
- 0.3 teaspoon salt
- 3 tablespoons vegetable oil
- 0.7 cup warm water

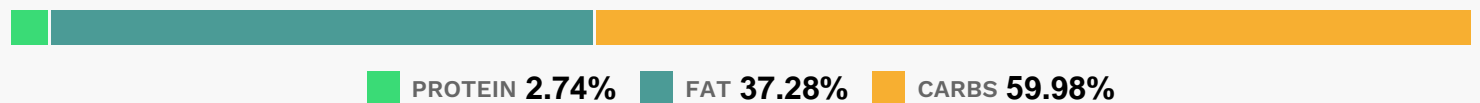
Equipment

- bowl
- frying pan

Directions

- Combine first 6 ingredients in a small bowl; set aside.
- Cut onions into quarters to, but not through, bottoms. Turn onions on sides, and thinly slice. Cover and cook onion in oil and butter in a large skillet over medium-low heat 15 minutes or until tender, stirring occasionally. Uncover and cook 30 minutes or until very tender, stirring often.
- Add raisin mixture and apple. Cook, uncovered, over medium heat 20 minutes or until liquid evaporates and apple is tender, stirring occasionally. Stir in salt and pepper.
- Let cool.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.66, Glycemic Load:11.68, Inflammation Score:-3, Nutrition Score:3.3899999929835%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg 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: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg, Isorhamnetin: 2.45mg Kaempferol:

0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg

Nutrients (% of daily need)

Calories: 164.01kcal (8.2%), Fat: 7.2g (11.08%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 26.07g (8.69%), Net Carbohydrates: 24.07g (8.75%), Sugar: 19.49g (21.65%), Cholesterol: 0mg (0%), Sodium: 99.62mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 9.63µg (9.17%), Manganese: 0.16mg (8.16%), Fiber: 1.99g (7.97%), Potassium: 223.8mg (6.39%), Vitamin C: 5.1mg (6.19%), Vitamin B6: 0.12mg (6.07%), Copper: 0.09mg (4.47%), Phosphorus: 36.55mg (3.65%), Vitamin E: 0.54mg (3.57%), Vitamin B2: 0.05mg (3.13%), Magnesium: 12.44mg (3.11%), Folate: 10.6µg (2.65%), Iron: 0.47mg (2.62%), Vitamin A: 124.11IU (2.48%), Calcium: 23.78mg (2.38%), Vitamin B1: 0.03mg (1.84%), Vitamin B3: 0.27mg (1.35%), Zinc: 0.16mg (1.09%), Vitamin B5: 0.1mg (1.03%)