



Red Tomato Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



54 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup cider vinegar
- ☐ 0.5 cup cranberries dried
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon mustard seeds
- ☐ 1 cup bell pepper red finely chopped
- ☐ 1 cup onion red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups tomatoes peeled finely chopped (4 large)

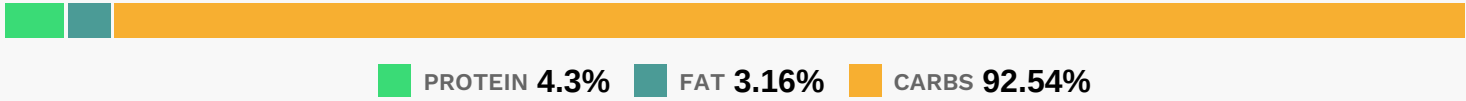
Equipment

- ☐ sauce pan

Directions

- ☐ Combine all ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer, uncovered, 45 minutes or until thick (B), stirring frequently. Cool; pour into airtight containers.
- ☐ Note: Refrigerate Red Tomato Chutney in airtight containers up to two months.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:2.56, Inflammation Score:-4, Nutrition Score:3.2352174209512%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 53.9kcal (2.7%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.16g (4.42%), Sugar: 11.14g (12.38%), Cholesterol: 0mg (0%), Sodium: 139.56mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.23%), Vitamin C: 16.93mg (20.52%), Vitamin A: 351.61IU (7.03%), Manganese: 0.1mg (5.06%), Vitamin B6: 0.09mg (4.72%), Fiber: 1.08g (4.3%), Potassium: 136.46mg (3.9%), Vitamin E: 0.55mg (3.65%), Iron: 0.59mg (3.3%), Folate: 10.1µg (2.52%), Vitamin B3: 0.46mg (2.31%), Vitamin B2: 0.04mg

(2.23%), Copper: 0.04mg (2.23%), Magnesium: 8.83mg (2.21%), Calcium: 21.92mg (2.19%), Vitamin B1: 0.03mg (2.11%), Vitamin K: 2.12µg (2.02%), Phosphorus: 16.24mg (1.62%), Vitamin B5: 0.11mg (1.1%)