



## Rhubarb, Cherry, and Golden Raisin Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 0.3 teaspoon aniseed
- ☐ 0.3 cup brandy
- ☐ 0.3 cup cherries dried
- ☐ 0.5 cup golden raisins
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon mustard seeds
- ☐ 1 cup rhubarb chopped
- ☐ 0.5 cup sugar

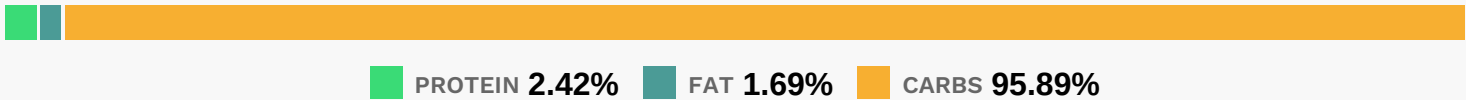
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

# Directions

- ☐ Place raisins, cherries, and brandy in heavy small saucepan and let macerate 30 minutes. Toast mustard seeds and aniseed in small skillet over medium heat until aromatic, about 2 minutes.
- ☐ Add toasted seeds to dried fruit mixture. Simmer over low heat until liquid is absorbed, stirring often, about 5 minutes.
- ☐ Add rhubarb, sugar, and lime juice. Simmer until all liquid is absorbed and rhubarb is soft, about 7 minutes. Season to taste with salt and pepper.
- ☐ Transfer chutney to bowl; cover and chill. DO AHEAD Chutney can be made 1 week ahead. Keep chilled.

# Nutrition Facts



# Properties

Glycemic Index:45.44, Glycemic Load:25.58, Inflammation Score:-1, Nutrition Score:3.0143478512764%

# Flavonoids

Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg, Cyanidin: 2.61mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 200.73kcal (10.04%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 41.3g (15.02%), Sugar: 37.26g (41.4%), Cholesterol: 0mg (0%), Sodium: 3.99mg (0.17%), Alcohol: 5.01g (100%), Alcohol %: 6.04% (100%), Protein: 1.08g (2.17%), Vitamin K: 9.81µg (9.34%), Potassium: 254.96mg (7.28%), Vitamin C: 5.91mg (7.17%), Manganese: 0.13mg (6.71%), Fiber: 1.53g (6.11%), Copper: 0.09mg (4.33%), Calcium: 39.56mg (3.96%), Vitamin B6: 0.07mg (3.73%), Vitamin B2: 0.05mg (3.17%), Magnesium: 12.46mg (3.11%), Phosphorus: 30.68mg (3.07%), Iron: 0.51mg (2.84%), Vitamin B3: 0.34mg (1.69%), Selenium: 1.02µg (1.45%), Folate: 4.09µg (1.02%)