



Rhubarb & date chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



2

CALORIES



1729 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 50 g ginger fresh grated
- ☐ 300 ml red wine vinegar
- ☐ 500 g apples peeled finely chopped
- ☐ 200 g dates pitted chopped
- ☐ 200 g cranberries dried
- ☐ 1 tbsp mustard seeds
- ☐ 1 tbsp curry powder
- ☐ 400 g muscovado sugar light

- ☐ 700 g rhubarb sliced into 2cm chunks
- ☐ 500 g onion red

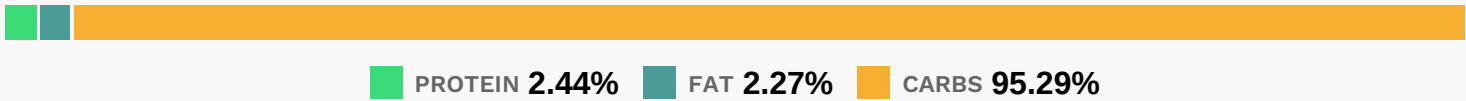
Equipment

- ☐ frying pan

Directions

- ☐ Put the onions in a large pan with the ginger and vinegar. Bring to the boil, then simmer for 10 mins.
- ☐ Add the rest of the ingredients, except the rhubarb, plus 2 tsp salt to the pan and bring to the boil, stirring. Simmer, uncovered, for about 10 mins until the apples are tender.
- ☐ Stir in the rhubarb and cook, uncovered, until the chutney is thick and jammy, about 15–20 mins. Leave the chutney to sit for about 10–15 mins, then spoon into warm, clean jars, and seal. Label the jars when cool. Keep for at least a month before eating.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:50.99, Inflammation Score:-9, Nutrition Score:38.966521677764%

Flavonoids

Cyanidin: 6.22mg, Cyanidin: 6.22mg, Cyanidin: 6.22mg, Cyanidin: 6.22mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 10.85mg, Catechin: 10.85mg, Catechin: 10.85mg, Catechin: 10.85mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 20.61mg, Epicatechin: 20.61mg, Epicatechin: 20.61mg Epicatechin 3-gallate: 2.13mg, Epicatechin 3-gallate: 2.13mg, Epicatechin 3-gallate: 2.13mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg, Isorhamnetin: 12.52mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 2.47mg, Myricetin: 2.47mg, Myricetin: 2.47mg Quercetin: 66.21mg, Quercetin: 66.21mg, Quercetin: 66.21mg, Quercetin: 66.21mg

Nutrients (% of daily need)

Calories: 1728.53kcal (86.43%), Fat: 4.62g (7.11%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 435.31g (145.1%), Net Carbohydrates: 403.53g (146.74%), Sugar: 371.18g (412.42%), Cholesterol: 0mg (0%), Sodium: 106.92mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.29%), Fiber: 31.78g (127.12%), Vitamin K: 122.69µg (116.85%), Manganese: 2.09mg (104.51%), Potassium: 2846.2mg (81.32%), Vitamin C: 61.19mg (74.17%), Calcium: 624.03mg (62.4%), Magnesium: 180.97mg (45.24%), Vitamin B6: 0.86mg (43.01%), Iron: 6.48mg (35.99%), Copper: 0.72mg (35.96%), Vitamin E: 4.51mg (30.08%), Phosphorus: 284.7mg (28.47%), Folate: 113.2µg (28.3%), Selenium: 18.37µg (26.24%), Vitamin B1: 0.33mg (22.14%), Vitamin B2: 0.36mg (21%), Vitamin B3: 4.05mg (20.26%), Vitamin B5: 1.9mg (19.04%), Zinc: 1.77mg (11.83%), Vitamin A: 539.04IU (10.78%)