



Richly spiced plum chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



2

CALORIES



1481 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 kg plums halved finely chopped
- ☐ 3 onion finely chopped
- ☐ 100 g cranberries dried with an oiled knife roughly chopped
- ☐ 1 tbsp ginger finely grated
- ☐ 1 tbsp mustard seeds shopping list black
- ☐ 1 tbsp ground cumin
- ☐ 1 tbsp paprika
- ☐ 1 tsp pepper

- ☐ 400 ml red wine vinegar
- ☐ 500 g g muscovado sugar light

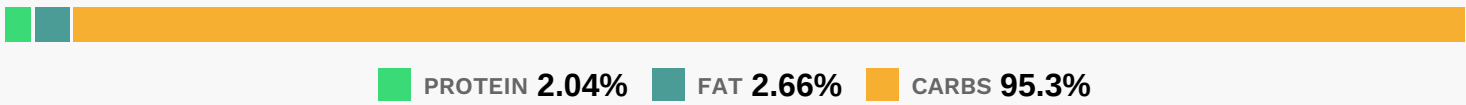
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Put all the ingredients, except the sugar, into a large pan and stir well. Bring slowly to the boil, then reduce the heat, cover and simmer for 10 mins, until the plums are tender.
- ☐ Stir in the sugar plus 2 tsp salt and keep stirring until it has dissolved. Boil the chutney for 20–30 mins, uncovered, stirring occasionally to prevent it catching on the bottom, until it is thick and pulpy.
- ☐ Pot into sterilised jars (see Know-how, below), seal, label and store for at least 2 weeks before eating. Will keep for up to 6 months in a cool dark place.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:22.97, Inflammation Score:-10, Nutrition Score:29.147826028907%

Flavonoids

Cyanidin: 28.45mg, Cyanidin: 28.45mg, Cyanidin: 28.45mg, Cyanidin: 28.45mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg, Peonidin: 1.55mg Catechin: 14.45mg, Catechin: 14.45mg, Catechin: 14.45mg, Catechin: 14.45mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 16mg, Epicatechin: 16mg, Epicatechin: 16mg, Epicatechin: 16mg Epicatechin 3–gallate: 3.8mg, Epicatechin 3–gallate: 3.8mg, Epicatechin 3–gallate: 3.8mg, Epicatechin 3–gallate: 3.8mg Epigallocatechin 3–gallate: 2mg, Epigallocatechin 3–gallate: 2mg, Epigallocatechin 3–gallate: 2mg, Epigallocatechin 3–gallate: 2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg

Quercetin: 40.24mg, Quercetin: 40.24mg, Quercetin: 40.24mg, Quercetin: 40.24mg Gallocatechin: 0.45mg, Gallocatechin: 0.45mg, Gallocatechin: 0.45mg, Gallocatechin: 0.45mg

Nutrients (% of daily need)

Calories: 1480.85kcal (74.04%), Fat: 4.53g (6.96%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 364.77g (121.59%), Net Carbohydrates: 350.01g (127.28%), Sugar: 336.16g (373.51%), Cholesterol: 0mg (0%), Sodium: 119.88mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.63%), Vitamin A: 3738.51IU (74.77%), Vitamin C: 61.49mg (74.53%), Fiber: 14.76g (59.04%), Manganese: 1.11mg (55.72%), Potassium: 1650.13mg (47.15%), Iron: 7.27mg (40.39%), Vitamin K: 40.58µg (38.65%), Calcium: 340.03mg (34%), Copper: 0.61mg (30.35%), Vitamin B6: 0.59mg (29.47%), Magnesium: 115.76mg (28.94%), Vitamin E: 4.02mg (26.82%), Phosphorus: 213.93mg (21.39%), Vitamin B1: 0.28mg (18.75%), Vitamin B3: 3.6mg (17.98%), Folate: 66.58µg (16.65%), Selenium: 11.28µg (16.11%), Vitamin B2: 0.26mg (15.23%), Vitamin B5: 1.44mg (14.43%), Zinc: 1.5mg (10.03%)