



Rose's Hot and Spicy Apple Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



431 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups firmly brown sugar packed
- ☐ 2 to 3 jalapeño chilies fresh
- ☐ 1 cup cider vinegar
- ☐ 0.3 cup ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon mustard seed
- ☐ 0.5 lb onion chopped
- ☐ 1.5 cups raisins

- ☐ 2.3 pounds stayman winesap
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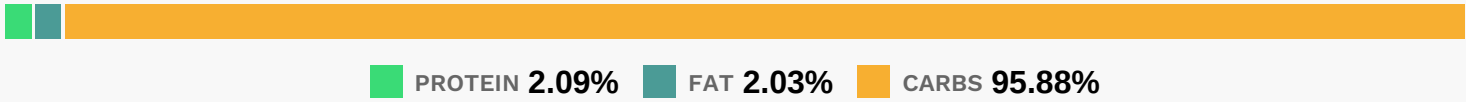
Equipment

- ☐ frying pan

Directions

- ☐ Peel, core, and slice apples about 1/4 inch thick to make about 8 cups. Put slices in a 6- to 8-quart pan.
- ☐ Trim and discard chili stems. For less heat, discard chili seeds. Finely chop chilies; add to apples.
- ☐ Also add vinegar, sugar, raisins, onion, ginger, garlic, and mustard seed. Bring to a boil over high heat. Reduce heat and simmer, stirring occasionally, until apples are very soft when pierced and juice is syrupy, about 1 1/2 hours.
- ☐ Serve warm or cool. Cover airtight and store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:35.97, Glycemic Load:16.92, Inflammation Score:-4, Nutrition Score:7.8682609019072%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg, Quercetin: 7.69mg

Nutrients (% of daily need)

Calories: 430.52kcal (21.53%), Fat: 1.01g (1.55%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 107.4g (35.8%), Net Carbohydrates: 103.72g (37.72%), Sugar: 73.92g (82.13%), Cholesterol: 0mg (0%), Sodium: 36.64mg (1.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Vitamin C: 27.02mg (32.75%), Manganese: 0.39mg (19.68%), Potassium: 568.83mg (16.25%), Fiber: 3.68g (14.74%), Vitamin B6: 0.25mg (12.38%), Iron: 1.99mg (11.06%), Copper: 0.21mg (10.4%), Calcium: 92.14mg (9.21%), Magnesium: 36.02mg (9.01%), Selenium: 5.4µg (7.71%), Phosphorus: 69.24mg (6.92%), Vitamin B1: 0.09mg (5.79%), Vitamin B2: 0.1mg (5.69%), Vitamin B3: 0.85mg

(4.24%), Folate: 16.04µg (4.01%), Vitamin A: 144.21IU (2.88%), Zinc: 0.35mg (2.32%), Vitamin K: 2.37µg (2.26%),
Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.22mg (1.46%)