



Spiced Apricot Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



211 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 0.8 cup apple cider vinegar
- ☐ 12 ounces apricot dried chopped
- ☐ 0.5 teaspoon fennel seeds crushed ()
- ☐ 2 tablespoons ginger fresh grated
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cloves

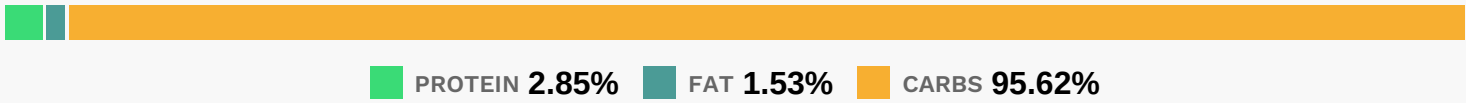
- ☐ 1 teaspoon ground coriander
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar

Equipment

Directions

- ☐ Cook 12 oz. chopped dried apricots, 1 1/4 cups sugar, 1 tsp. ground coriander, 1/2 tsp. fennel seeds (crushed), 1/2 tsp. ground allspice, 1/4 tsp. ground cloves, 3/4 cup cider vinegar, 1 chopped onion, 1/2 cup golden raisins, 2 Tbsp. grated fresh ginger, 1/2 tsp. salt, 1/4 tsp. cayenne pepper and 3/4 cup water over low heat, stirring until sugar dissolves. Simmer until mixture thickens, stirring occasionally, about 40 minutes.
- ☐ Let cool before serving.

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:27.18, Inflammation Score:-7, Nutrition Score:5.2591303872026%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 210.92kcal (10.55%), Fat: 0.38g (0.59%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 53.7g (17.9%), Net Carbohydrates: 50.54g (18.38%), Sugar: 47.98g (53.31%), Cholesterol: 0mg (0%), Sodium: 122.7mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin A: 1247.84IU (24.96%), Potassium: 490.98mg (14.03%), Fiber: 3.16g (12.66%), Manganese: 0.21mg (10.5%), Vitamin E: 1.51mg (10.05%), Copper: 0.16mg (7.88%), Iron: 1.18mg (6.58%), Vitamin B3: 1.01mg (5.03%), Vitamin B6: 0.09mg (4.48%), Magnesium: 17.41mg (4.35%), Phosphorus: 39.21mg (3.92%), Calcium: 30.55mg (3.05%), Vitamin B2: 0.05mg (2.87%), Vitamin B5: 0.2mg (2.02%), Vitamin C: 1.6mg (1.94%), Selenium: 1.1µg (1.56%), Folate: 5.96µg (1.49%), Vitamin K: 1.46µg (1.4%), Zinc: 0.21mg (1.37%)