



Spiced Apricot Chutney



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



66 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups apple juice
- ☐ 2 tablespoons canola oil
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 16 ounce apricots dried finely chopped
- ☐ 0.5 cup currants dried
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground coriander
- ☐ 3 tablespoons honey

- ☐ 1.5 teaspoons mustard seeds
- ☐ 1 cup onion finely chopped
- ☐ 0.3 cup raspberry vinegar
- ☐ 2 tablespoons cranberries dried sweetened finely chopped

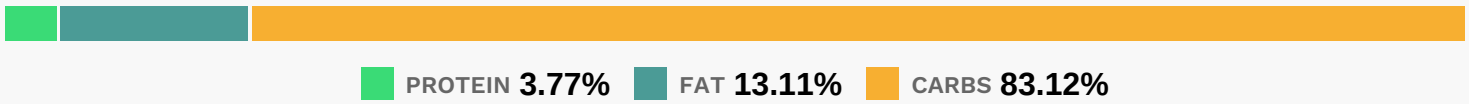
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium heat.
- ☐ Add onion to pan; cook 4 minutes or until tender (do not brown), stirring frequently.
- ☐ Add mustard seeds and pepper; cook 1 minute. Stir in juice and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Uncover; cook an additional 5 minutes or until liquid almost evaporates.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:4.51, Inflammation Score:-4, Nutrition Score:2.2813043723936%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 66.1kcal (3.3%), Fat: 1.04g (1.61%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 13.56g (4.93%), Sugar: 12.62g (14.02%), Cholesterol: 0mg (0%), Sodium: 3.61mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin A: 517.56IU (10.35%), Potassium: 206.32mg (5.89%), Vitamin E: 0.8mg (5.36%), Fiber: 1.34g (5.35%), Manganese: 0.07mg (3.72%), Copper: 0.06mg (3.09%),

Iron: 0.48mg (2.69%), Vitamin B3: 0.44mg (2.18%), Vitamin B6: 0.04mg (1.84%), Magnesium: 7.32mg (1.83%),
Phosphorus: 16.28mg (1.63%), Calcium: 13.09mg (1.31%), Vitamin K: 1.25µg (1.19%), Vitamin B2: 0.02mg (1.1%)