



## Spiced beetroot & orange chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



2

CALORIES



2021 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 1.5 kg beets raw diced trimmed peeled (wear gloves!)
- ☐ 3 onion chopped
- ☐ 3 apples grated peeled
- ☐ 3 orange zest
- ☐ 2 tbsp mustard seeds white yellow
- ☐ 1 tbsp coriander seeds
- ☐ 1 tbsp ground cloves
- ☐ 1 tbsp ground cinnamon

- ☐ 700 ml red wine vinegar
- ☐ 700 g granulated sugar

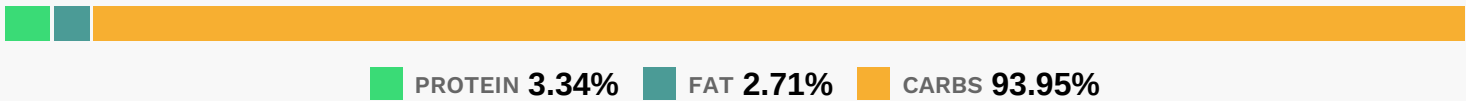
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ In a preserving pan or your largest saucepan, mix together all the ingredients well. Bring to a gentle simmer, then cook for 1 hr, stirring occasionally, until the chutney is thick and the beetroot tender.
- ☐ While the chutney is cooking, prepare your jars by running through a short hot wash in your dishwasher. Or wash thoroughly by hand, then put in a hot oven to sterilise for 10–15 mins. Once the chutney is ready, let it settle for 10 mins, then carefully spoon into the jars and seal while still hot. You can eat it straight away but it will be even better after a month. Will keep for up to 6 months in a cool dark place. Once opened, refrigerate and eat within 2 months.

## Nutrition Facts



## Properties

Glycemic Index:99.05, Glycemic Load:290.2, Inflammation Score:-10, Nutrition Score:42.236956430518%

## Flavonoids

Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg, Cyanidin: 4.29mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg, Catechin: 3.55mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg, Epicatechin: 20.56mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg, Isorhamnetin: 8.27mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 45.42mg, Quercetin: 45.42mg, Quercetin: 45.42mg, Quercetin: 45.42mg

Nutrients (% of daily need)

Calories: 2020.59kcal (101.03%), Fat: 6.26g (9.63%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 487.26g (162.42%), Net Carbohydrates: 450g (163.64%), Sugar: 435.98g (484.42%), Cholesterol: 0mg (0%), Sodium: 637.74mg (27.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.63%), Manganese: 5.79mg (289.48%), Folate: 873.69µg (218.42%), Fiber: 37.25g (149.01%), Vitamin C: 88.89mg (107.75%), Potassium: 3281.69mg (93.76%), Magnesium: 263.07mg (65.77%), Iron: 10.28mg (57.12%), Phosphorus: 478.21mg (47.82%), Vitamin B6: 0.89mg (44.4%), Copper: 0.87mg (43.36%), Calcium: 322.13mg (32.21%), Selenium: 22.48µg (32.11%), Vitamin B2: 0.53mg (31.22%), Vitamin B1: 0.44mg (29.27%), Zinc: 3.85mg (25.65%), Vitamin B3: 3.56mg (17.8%), Vitamin B5: 1.7mg (17.02%), Vitamin K: 14.33µg (13.65%), Vitamin E: 1.57mg (10.44%), Vitamin A: 492.48IU (9.85%)