



Spiced Cranberry Apple Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



773 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 stalks celery finely chopped
- 2 cups cranberries fresh
- 1 cup golden raisins
- 1 large apples i use 2 granny smith apples cored peeled chopped
- 0.3 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 1 cup orange juice fresh
- 1 tablespoon orange zest grated

- 1 pinch salt to taste
- 3 tablespoons water as needed
- 2 cups sugar white

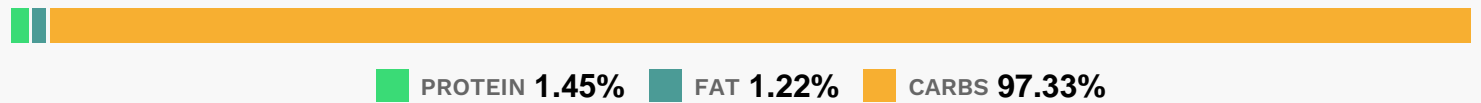
Equipment

- sauce pan

Directions

- Place the cranberries, sugar, and water in a large saucepan, and bring to a boil. Reduce heat to medium, and cook until all the cranberries have popped, 8 to 10 minutes. Stir in the apple, celery, orange zest, orange juice, pecans, raisins, ginger, cloves, and salt, and cook over medium heat, stirring frequently, until the celery is tender and the sauce is reduced, about 35 minutes. Turn off the heat, cover the saucepan, and let the chutney stand to thicken, about 15 minutes.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:95.92, Glycemic Load:123.5, Inflammation Score:-6, Nutrition Score:12.634782531987%

Flavonoids

Cyanidin: 32.12mg, Cyanidin: 32.12mg, Cyanidin: 32.12mg, Cyanidin: 32.12mg Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg, Delphinidin: 5.11mg Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 32.79mg, Peonidin: 32.79mg, Peonidin: 32.79mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 8.51mg, Epicatechin: 8.51mg, Epicatechin: 8.51mg, Epicatechin: 8.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.55mg, Kaempferol: 1.55mg,

Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg, Myricetin: 4.46mg Quercetin: 14.34mg, Quercetin: 14.34mg, Quercetin: 14.34mg, Quercetin: 14.34mg

Nutrients (% of daily need)

Calories: 773.07kcal (38.65%), Fat: 1.11g (1.71%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 199.73g (66.58%), Net Carbohydrates: 192.71g (70.07%), Sugar: 179.57g (199.52%), Cholesterol: 0mg (0%), Sodium: 45.65mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin C: 59.18mg (71.74%), Manganese: 0.67mg (33.53%), Fiber: 7.02g (28.1%), Potassium: 741.11mg (21.17%), Copper: 0.29mg (14.72%), Vitamin B6: 0.28mg (14.18%), Vitamin K: 14.8µg (14.09%), Vitamin B2: 0.19mg (11.36%), Folate: 39.43µg (9.86%), Magnesium: 38.4mg (9.6%), Phosphorus: 92.7mg (9.27%), Iron: 1.49mg (8.3%), Vitamin E: 1.2mg (7.98%), Vitamin A: 373.97IU (7.48%), Vitamin B1: 0.11mg (7.15%), Calcium: 61.61mg (6.16%), Vitamin B3: 1.16mg (5.78%), Vitamin B5: 0.54mg (5.45%), Zinc: 0.36mg (2.38%), Selenium: 1.61µg (2.3%)