



Spiced Pineapple Guava (Feijoa) Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



9

CALORIES



134 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 teaspoon curry powder yellow
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground ginger
- ☐ 3 cups guava trimmed chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light packed

- ☐ 0.3 cup medjool dates pitted
- ☐ 0.5 cup vinegar white
- ☐ 1 cup onion yellow chopped

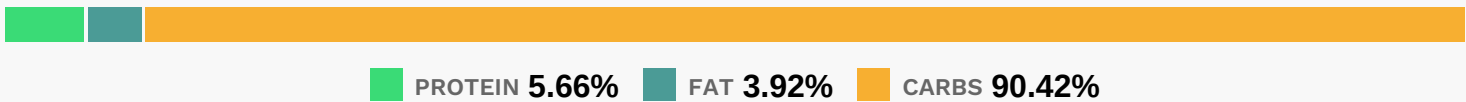
Equipment

- ☐ sauce pan

Directions

- ☐ Mix all ingredients in a 4-qt. saucepan with 1/2 cup water. Cook over medium heat until mixture starts to boil, then simmer, covered, until thick and caramelized, about 1 hour.
- ☐ Serve warm or chilled; store chilled up to a week.

Nutrition Facts



Properties

Glycemic Index:26.19, Glycemic Load:7.01, Inflammation Score:-7, Nutrition Score:8.9726086958595%

Flavonoids

Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 133.79kcal (6.69%), Fat: 0.62g (0.95%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 32.18g (10.73%), Net Carbohydrates: 28.14g (10.23%), Sugar: 25.92g (28.8%), Cholesterol: 0mg (0%), Sodium: 265.17mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Vitamin C: 127.03mg (153.97%), Fiber: 4.04g (16.15%), Manganese: 0.22mg (11.02%), Potassium: 374.02mg (10.69%), Copper: 0.19mg (9.54%), Folate: 31.76µg (7.94%), Vitamin A: 375.99IU (7.52%), Vitamin B6: 0.13mg (6.48%), Magnesium: 21.51mg (5.38%), Phosphorus: 41.55mg (4.16%), Vitamin B3: 0.82mg (4.11%), Vitamin B5: 0.34mg (3.42%), Calcium: 33.92mg (3.39%), Vitamin B1: 0.05mg (3.26%), Vitamin E: 0.46mg (3.07%), Iron: 0.52mg (2.9%), Vitamin B2: 0.05mg (2.73%), Vitamin K: 2.16µg (2.06%), Zinc: 0.22mg (1.48%), Selenium: 0.75µg (1.07%)