



Spiced Stone Fruit Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



291 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 chai spiced tea bags
- ☐ 1.5 cups apricots dried chopped
- ☐ 1 cup cherries dried chopped
- ☐ 1 cup pecans toasted chopped
- ☐ 1 cup pomegranate juice
- ☐ 1 pinch salt
- ☐ 2 cups water

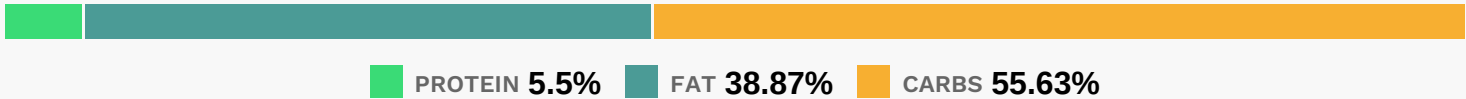
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the fruit into a medium heavy bottomed pot over medium heat.
- ☐ Add the pomegranate juice, water, and salt and bring to a simmer.
- ☐ Add the tea bags and simmer for about 40 minutes, until liquid has been mostly absorbed.
- ☐ Remove the tea bags and discard. Stir in the pecans and transfer to a serving bowl.
- ☐ Serve warm or at room temperature and enjoy!

Nutrition Facts



Properties

Glycemic Index:7.23, Glycemic Load:6.08, Inflammation Score:-8, Nutrition Score:10.10521739203%

Flavonoids

Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg Delphinidin: 1.66mg, Delphinidin: 1.66mg, Delphinidin: 1.66mg, Delphinidin: 1.66mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 290.51kcal (14.53%), Fat: 13.37g (20.56%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 36.98g (13.45%), Sugar: 33.76g (37.52%), Cholesterol: 0mg (0%), Sodium: 20.62mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Manganese: 0.93mg (46.67%), Vitamin A: 1898.65IU (37.97%), Fiber: 6.06g (24.24%), Copper: 0.35mg (17.54%), Potassium: 540.29mg (15.44%), Vitamin E: 1.82mg (12.13%), Iron: 1.69mg (9.41%), Magnesium: 36.08mg (9.02%), Vitamin B1: 0.13mg (8.73%), Phosphorus: 77.96mg (7.8%), Zinc: 1mg (6.63%), Vitamin B3: 1.15mg (5.75%), Vitamin K: 5.96µg (5.68%), Calcium: 55.71mg (5.57%), Vitamin B6: 0.1mg (5.06%), Vitamin B5: 0.44mg (4.43%), Folate: 17.21µg (4.3%), Vitamin B2: 0.05mg (3.17%), Selenium: 1.53µg (2.19%)