



Spicy Cranberry Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



55 min.

SERVINGS



10

CALORIES



160 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 cups cranberries
- 1.5 cups granulated sugar
- 10 servings pepper fresh black
- 3 jalapeno finely chopped
- 2 lime zest juiced
- 2 orange zest juiced
- 1 cup water

Equipment

pot

Directions

Put all of the ingredients in sauce pot and bring to a boil over medium heat. Reduce the heat and simmer until desired consistency, about 40 to 50 minutes.

Nutrition Facts

PROTEIN 1.27% **FAT 1.31%** **CARBS 97.42%**

Properties

Glycemic Index:21.11, Glycemic Load:24.36, Inflammation Score:-4, Nutrition Score:4.2882608512174%

Flavonoids

Cyanidin: 37.14mg, Cyanidin: 37.14mg, Cyanidin: 37.14mg, Cyanidin: 37.14mg Delphinidin: 6.14mg, Delphinidin: 6.14mg, Delphinidin: 6.14mg, Delphinidin: 6.14mg Malvidin: 0.35mg, Malvidin: 0.35mg, Malvidin: 0.35mg, Malvidin: 0.35mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 39.33mg, Peonidin: 39.33mg, Peonidin: 39.33mg, Peonidin: 39.33mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg, Hesperetin: 5.76mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.3mg, Myricetin: 5.3mg, Myricetin: 5.3mg, Myricetin: 5.3mg Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg, Quercetin: 12.14mg

Nutrients (% of daily need)

Calories: 160.12kcal (8.01%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 38.17g (13.88%), Sugar: 33.76g (37.51%), Cholesterol: 0mg (0%), Sodium: 3.57mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin C: 23.34mg (28.3%), Manganese: 0.31mg (15.35%), Fiber: 3.65g (14.61%), Vitamin E: 1.24mg (8.29%), Vitamin K: 5.02µg (4.78%), Vitamin B6: 0.07mg (3.67%), Copper: 0.06mg (3.24%), Vitamin B5: 0.29mg (2.91%), Potassium: 95.1mg (2.72%), Vitamin A: 110.6IU (2.21%), Magnesium: 7.17mg (1.79%), Iron: 0.32mg (1.77%), Vitamin B2: 0.03mg (1.74%), Calcium: 16.64mg (1.66%), Phosphorus: 12.97mg (1.3%), Vitamin B1: 0.02mg (1.22%)