



Spicy Cranberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



107 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 3 cups cranberries fresh
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 0.3 cup apricots dried finely chopped
- ☐ 1 apples i use 2 granny smith apples cored peeled chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup raisins

- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 cup water

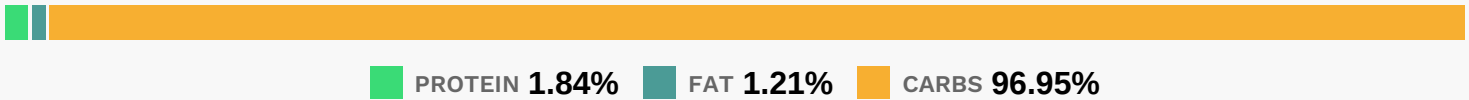
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan, combine apricots, brown sugar, raisins and water; bring to a boil. Reduce heat to simmer and stir while simmering for 5 minutes. Stir in cranberries, apple and lemon zest; simmer for 10 minutes more.
- ☐ Stir lemon juice, ginger and pepper flakes into the mixture before removing from heat.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:5.45, Inflammation Score:-3, Nutrition Score:2.6821738999823%

Flavonoids

Cyanidin: 14.21mg, Cyanidin: 14.21mg, Cyanidin: 14.21mg, Cyanidin: 14.21mg Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg, Delphinidin: 2.3mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 14.75mg, Peonidin: 14.75mg, Peonidin: 14.75mg, Peonidin: 14.75mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg, Myricetin: 1.99mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 107.32kcal (5.37%), Fat: 0.16g (0.24%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 25.56g (9.3%), Sugar: 18.4g (20.44%), Cholesterol: 0mg (0%), Sodium: 9.64mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 8.08mg (9.79%), Fiber: 2.32g (9.29%), Manganese: 0.15mg (7.54%), Potassium: 164.17mg (4.69%), Vitamin E: 0.62mg (4.12%), Vitamin A: 175.07IU (3.5%), Copper: 0.07mg (3.29%), Vitamin B6: 0.05mg (2.63%), Iron: 0.47mg (2.59%), Vitamin K: 2.11µg (2.01%), Magnesium: 7.7mg (1.92%), Calcium: 18.11mg (1.81%), Vitamin B2: 0.03mg (1.67%), Vitamin B5: 0.14mg (1.44%), Phosphorus: 14.3mg (1.43%), Vitamin B3: 0.24mg (1.21%), Vitamin B1: 0.02mg (1.14%)