



Spicy Cranberry-Orange Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



38 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup apple sauce
- 10 oz bell pepper red
- 1 small onion finely chopped
- 0.5 teaspoon orange zest
- 0.3 teaspoon salt
- 6 oz cranberries dried sweetened
- 1 teaspoon vegetable oil

Equipment

sauce pan

Directions

- Saut onion in hot oil in a 3-qt. saucepan over medium-high heat 5 minutes or until tender.
- Add pepper jelly and remaining ingredients. Bring mixture to a boil, reduce heat to medium-low, and cook, stirring occasionally, 10 minutes or until thickened.

Nutrition Facts



PROTEIN 2.01% **FAT 7.93%** **CARBS 90.06%**

Properties

Glycemic Index:2.95, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:2.4078260550032%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 38.44kcal (1.92%), Fat: 0.38g (0.58%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 8.67g (3.15%), Sugar: 8.06g (8.96%), Cholesterol: 0mg (0%), Sodium: 30.45mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin C: 18.61mg (22.56%), Vitamin A: 447.63IU (8.95%), Fiber: 0.95g (3.79%), Vitamin E: 0.44mg (2.94%), Vitamin B6: 0.05mg (2.6%), Manganese: 0.05mg (2.3%), Folate: 7.57µg (1.89%), Vitamin K: 1.83µg (1.74%), Potassium: 48.33mg (1.38%), Vitamin B2: 0.02mg (1.12%)