



Spicy Persimmon Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



541 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups cider vinegar
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 4 fuyu persimmons peeled chopped
- ☐ 1 cup golden raisins
- ☐ 1 large apples i use 2 granny smith apples cored peeled chopped
- ☐ 1 chile peppers green minced seeded
- ☐ 0.1 teaspoon ground cloves
- ☐ 1 teaspoon ground coriander seed

- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 1 cup onion chopped
- ☐ 0.8 cup sugar white

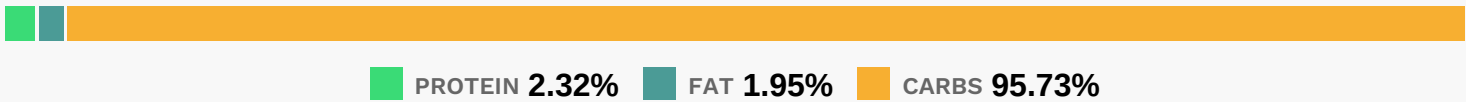
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan combine the apple cider vinegar, chopped onion, chopped apple, golden raisins, sugar, lemon juice, chili, ginger, lemon peel, coriander and cloves. Bring to a boil over medium heat, stirring occasionally. Reduce heat to medium-low and simmer until mixture thickens, stirring frequently, about 25 minutes.
- ☐ Add the persimmons and simmer until the persimmons are tender about 5 to 10 minutes.
- ☐ Remove from the heat and let cool completely. Cover and refrigerate chutney. May be made a day or two ahead.

Nutrition Facts



Properties

Glycemic Index:72.69, Glycemic Load:73.07, Inflammation Score:-6, Nutrition Score:11.729130433953%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.32mg, Kaempferol: 1.32mg,

Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 541.18kcal (27.06%), Fat: 1.24g (1.91%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 137.39g (45.8%), Net Carbohydrates: 133.08g (48.39%), Sugar: 67.59g (75.1%), Cholesterol: 0mg (0%), Sodium: 51.32mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 126.94mg (153.87%), Iron: 5.32mg (29.56%), Potassium: 1007.8mg (28.79%), Manganese: 0.46mg (23.02%), Fiber: 4.31g (17.24%), Phosphorus: 114.38mg (11.44%), Vitamin B6: 0.2mg (10.03%), Copper: 0.18mg (9.25%), Calcium: 90.91mg (9.09%), Magnesium: 27.66mg (6.92%), Vitamin B2: 0.11mg (6.31%), Folate: 13.81µg (3.45%), Vitamin B3: 0.56mg (2.78%), Vitamin K: 2.75µg (2.61%), Vitamin B1: 0.04mg (2.47%), Zinc: 0.29mg (1.92%), Vitamin B5: 0.16mg (1.63%), Selenium: 0.94µg (1.35%), Vitamin E: 0.19mg (1.26%)