



Spicy Quince and Cranberry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



502 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 cups cranberries fresh
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 cup orange juice
- ☐ 1 pound quinces diced cored peeled
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

- ☐ 2 cups sugar white
- ☐ 2 tablespoons citrus champagne vinegar

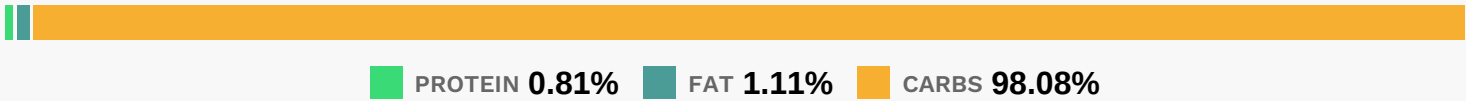
Equipment

- ☐ sauce pan

Directions

- ☐ Stir the sugar, cloves, allspice, cinnamon, and salt together in a large saucepan. Stir in the water, then bring to a boil over high heat, stirring until the sugar dissolves.
- ☐ Add the quince, and reduce heat to low. Cook and stir until the quince have turned rose colored, 4 to 5 minutes.
- ☐ Stir in the orange zest, orange juice, vinegar, and cranberries. Bring to a boil over high heat, then reduce heat to medium-low, and cook until the cranberries have burst and the chutney has thickened, about 20 minutes. Cool completely before serving.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:79.63, Inflammation Score:-4, Nutrition Score:7.8660869339238%

Flavonoids

Cyanidin: 34.82mg, Cyanidin: 34.82mg, Cyanidin: 34.82mg, Cyanidin: 34.82mg Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg, Delphinidin: 5.75mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 36.87mg, Peonidin: 36.87mg, Peonidin: 36.87mg, Peonidin: 36.87mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 4.04mg, Epicatechin: 4.04mg, Epicatechin: 4.04mg, Epicatechin: 4.04mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 4.99mg, Myricetin: 4.99mg, Myricetin: 4.99mg, Myricetin: 4.99mg Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg

Nutrients (% of daily need)

Calories: 502.09kcal (25.1%), Fat: 0.65g (1.01%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 129.94g (43.31%),
Net Carbohydrates: 124.62g (45.32%), Sugar: 105.62g (117.36%), Cholesterol: 0mg (0%), Sodium: 305.48mg
(13.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin C: 43.16mg (52.32%),
Manganese: 0.53mg (26.38%), Fiber: 5.32g (21.28%), Copper: 0.23mg (11.7%), Potassium: 357.69mg (10.22%),
Vitamin E: 1.04mg (6.91%), Iron: 1.2mg (6.69%), Vitamin B6: 0.1mg (5.14%), Magnesium: 19.76mg (4.94%), Vitamin B2:
0.08mg (4.6%), Vitamin K: 4.29µg (4.09%), Vitamin B1: 0.06mg (4.02%), Vitamin B5: 0.38mg (3.75%), Calcium:
35.31mg (3.53%), Phosphorus: 34.26mg (3.43%), Folate: 13.63µg (3.41%), Vitamin A: 155.58IU (3.11%), Vitamin B3:
0.44mg (2.22%), Selenium: 1.43µg (2.04%), Zinc: 0.17mg (1.14%)