



Spicy squash & apple chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



20

CALORIES



179 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 4 tbsp unrefined sunflower oil
- ☐ 2 large onion finely chopped
- ☐ 100 g ginger shredded peeled
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 15 cardamom pods
- ☐ 2 cinnamon sticks
- ☐ 1 tbsp mustard seeds shopping list black
- ☐ 2 tsp cumin seeds

- ☐ 4 small garlic clove peeled sliced
- ☐ 1 kg butternut squash peeled cut into sugar-cube size pieces
- ☐ 500 g bramley apples peeled cut into sugar-cube size pieces
- ☐ 1 tsp turmeric
- ☐ 500 g brown sugar light soft
- ☐ 300 ml apple cider vinegar

Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large preserving pan, then gently fry the onions, ginger, chilli, cardamom, cinnamon, mustard and cumin seeds together for 5 mins, until the spices are aromatic.
- ☐ Stir the garlic, squash and apples into the onions, then cook for 10-15 mins more, until the onions and apples are soft and the squash yields a little here and there.
- ☐ Stir in the turmeric and sugar and let it melt around the vegetables. Simmer for 5 mins this process almost candies the chunks of pumpkin, so that it doesnt entirely break down during the next step.
- ☐ Pour in the vinegar, season with 2 tsp salt, then bring the chutney back to a simmer. Cook, stirring regularly, for about 30 mins or until the apple has cooked down to make a squishy base for the chutney, with chunks of tender pumpkin here and there, and a little syrupiness at the bottom of the pan you dont want the chutney to be too dry as it will thicken as it cools.
- ☐ Spoon the hot chutney into sterilised jars and seal. The chutney can be eaten straight away, or left to mellow in a dark place. You can store it for up to six months.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:10.850869624511%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 178.53kcal (8.93%), Fat: 3.23g (4.98%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 38.21g (12.74%), Net Carbohydrates: 35.52g (12.92%), Sugar: 28.89g (32.1%), Cholesterol: 0mg (0%), Sodium: 12.3mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.47%), Vitamin A: 5354.07IU (107.08%), Manganese: 0.71mg (35.65%), Vitamin C: 16.83mg (20.39%), Vitamin E: 1.98mg (13.21%), Fiber: 2.69g (10.76%), Potassium: 326.51mg (9.33%), Magnesium: 31.37mg (7.84%), Vitamin B6: 0.15mg (7.52%), Calcium: 65.21mg (6.52%), Iron: 1.14mg (6.31%), Vitamin B1: 0.07mg (4.82%), Folate: 19.03µg (4.76%), Copper: 0.09mg (4.45%), Vitamin B3: 0.79mg (3.94%), Phosphorus: 36.24mg (3.62%), Vitamin B5: 0.29mg (2.89%), Selenium: 1.45µg (2.08%), Zinc: 0.31mg (2.04%), Vitamin B2: 0.03mg (1.73%), Vitamin K: 1.79µg (1.71%)