



# Spicy Tomato Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



986 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 1 teaspoon chili powder
- 1 tablespoon curry paste
- 1 inch ginger root fresh
- 3 cloves garlic
- 0.3 cup golden raisins
- 2 teaspoons spice mixed
- 2 onions diced
- 1 pinch paprika

- 1 cup red wine vinegar
- 4 pounds tomatoes ripe
- 1.8 cups sugar white

## Equipment

- food processor
- sauce pan
- blender

## Directions

- Fill a saucepan with water, and bring to a boil.
- Place tomatoes in boiling water, and cook for 3 to 5 minutes, or until skins begin to crack and peel.
- Remove from water, cool, and peel.
- Puree tomatoes with ginger and garlic in a food processor or blender.
- Place tomato mixture, sugar, vinegar, onions, and golden raisins in a large saucepan. Season with mixed spice, chili powder, paprika, and curry paste. Simmer over medium heat until thick. Refrigerate until ready to use.

## Nutrition Facts



## Properties

Glycemic Index:125.88, Glycemic Load:141.97, Inflammation Score:-10, Nutrition Score:37.140434617582%

## Flavonoids

Naringenin: 6.17mg, Naringenin: 6.17mg, Naringenin: 6.17mg, Naringenin: 6.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 28.1mg, Quercetin: 28.1mg, Quercetin: 28.1mg, Quercetin: 28.1mg

## Nutrients (% of daily need)

Calories: 986.42kcal (49.32%), Fat: 3.57g (5.48%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 239.29g (79.76%), Net Carbohydrates: 224.7g (81.71%), Sugar: 214.77g (238.63%), Cholesterol: 0mg (0%), Sodium: 82.07mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.15%), Vitamin A: 9067.05IU (181.34%), Vitamin C: 136.29mg (165.2%), Manganese: 1.71mg (85.59%), Potassium: 2562.42mg (73.21%), Vitamin K: 74.49µg (70.94%), Fiber: 14.58g (58.34%), Vitamin B6: 1.01mg (50.39%), Folate: 158.83µg (39.71%), Vitamin E: 5.39mg (35.93%), Copper: 0.71mg (35.48%), Magnesium: 128.84mg (32.21%), Vitamin B3: 5.95mg (29.73%), Phosphorus: 293.62mg (29.36%), Vitamin B1: 0.4mg (26.86%), Iron: 4.5mg (25%), Calcium: 170.8mg (17.08%), Vitamin B2: 0.29mg (16.99%), Zinc: 2mg (13.31%), Vitamin B5: 1.01mg (10.12%), Selenium: 2.78µg (3.98%)