



## Summer Fruit Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup cider vinegar
- 1 stick cinnamon (3-inch)
- 0.5 teaspoon pepper red crushed
- 2 tablespoons ginger peeled thinly sliced
- 0.5 cup golden raisins
- 0.3 cup granulated sugar
- 1.5 pounds nectarines firm pitted ripe peeled chopped

- 1 pound peaches firm pitted ripe peeled chopped
- 0.5 teaspoon mustard seeds yellow

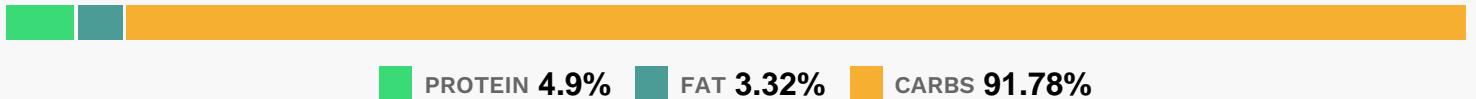
## Equipment

- bowl
- frying pan
- sauce pan
- cheesecloth

## Directions

- Combine the first 3 ingredients in a large saucepan; bring to a boil.
- Place whole cloves and cinnamon stick on a double layer of cheesecloth. Gather edges; tie securely.
- Add cheesecloth bag, golden raisins, sliced peeled ginger, yellow mustard seeds, and crushed red pepper to pan. Reduce heat, and simmer 8 minutes.
- Add nectarines and peaches; bring to a boil. Reduce heat, and simmer until reduced to 4 cups (about 45 minutes), stirring occasionally. Discard bundle. Spoon into a bowl. Cover and chill at least 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:33.75, Glycemic Load:13.12, Inflammation Score:-5, Nutrition Score:4.8095651709515%

## Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Catechin: 5.32mg, Catechin: 5.32mg, Catechin: 5.32mg, Catechin: 5.32mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg, Epicatechin: 3.49mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 141.46kcal (7.07%), Fat: 0.56g (0.86%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 31.8g (11.57%), Sugar: 29.86g (33.18%), Cholesterol: 0mg (0%), Sodium: 24.59mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Manganese: 0.24mg (11.87%), Fiber: 2.82g (11.29%), Vitamin A: 505.61IU (10.11%), Potassium: 281.34mg (8.04%), Copper: 0.16mg (7.98%), Vitamin B3: 1.56mg (7.81%), Vitamin E: 1.02mg (6.77%), Vitamin C: 5.2mg (6.3%), Phosphorus: 49.28mg (4.93%), Magnesium: 18.62mg (4.66%), Iron: 0.78mg (4.32%), Vitamin K: 4µg (3.81%), Vitamin B6: 0.07mg (3.72%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.04%), Vitamin B5: 0.27mg (2.74%), Selenium: 1.83µg (2.62%), Zinc: 0.38mg (2.52%), Folate: 9.4µg (2.35%), Calcium: 21.16mg (2.12%)