

SURE.JELL Pineapple Chutney

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



100

CALORIES



48 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup heinz apple cider vinegar
- 0.8 cup firmly brown sugar light packed
- 0.5 tsp butter
- 2 Tbsp crystallized ginger chopped
- 4 cups fruit ripe prepared (buy 1-)
- 1 box sure-jell fruit pectin
- 4 cups granulated sugar
- 1 tsp ground allspice

- 0.5 tsp ground cinnamon
- 0.5 tsp ground cloves
- 0.5 tsp ground ginger
- 0.3 cup juice of lemon fresh
- 0.3 cup onions chopped
- 1 cup raisins
- 2 tsp salt

Equipment

- sauce pan
- ladle
- pot

Directions

- Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water.
- Pour boiling water over flat lids in saucepan off the heat.
- Let stand in hot water until ready to use.
- Drain jars well before filling.
- Pare, core and finely chop pineapples. Measure exactly 4 cups prepared fruit into 6- or 8-qt. saucepot.
- Add raisins, vinegar, onions, lemon juice, ginger, salt and spices; stir until well blended.
- Stir pectin into prepared fruit mixture in saucepot.
- Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in granulated and brown sugars. Return to full rolling boil and boil exactly 1 min., stirring constantly.
- Remove from heat. Skim off any foam with metal spoon.
- Ladle immediately into prepared jars, filling to within 1/4 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly.

- Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches.
- Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 min.
- Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary.)

Nutrition Facts

PROTEIN 0.69%

FAT 1.2%

CARBS 98.11%

Properties

Glycemic Index:2.75, Glycemic Load:6.66, Inflammation Score:-1, Nutrition Score:0.65565219140895%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 47.75kcal (2.39%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 12.34g (4.11%), Net Carbohydrates: 12.07g (4.39%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 48.89mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.17%), Vitamin C: 3.52mg (4.26%), Manganese: 0.08mg (4.09%), Fiber: 0.26g (1.04%)