



## Tomato Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



12

CALORIES



79 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 2 teaspoons cumin seeds
- 2 teaspoons curry powder
- 3 cloves garlic finely chopped
- 1 tablespoon ginger grated
- 2 jalapeno seeded finely chopped
- 1 large onion coarsely chopped
- 1 cup red wine vinegar
- 1 teaspoon salt

- 0.5 cup sugar
- 5 lb tomatoes coarsely chopped

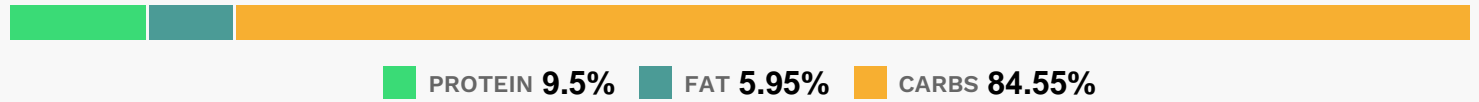
## Equipment

- dutch oven

## Directions

- In 4-quart nonaluminum Dutch oven, mix all ingredients.
- Heat to boiling; reduce heat. Simmer uncovered 1 hour 45 minutes, stirring occasionally, until thickened. Cool 2 hours. Store tightly covered in refrigerator up to 2 weeks.

## Nutrition Facts



## Properties

Glycemic Index:18.51, Glycemic Load:8.13, Inflammation Score:-8, Nutrition Score:8.4452174616897%

## Flavonoids

Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

## Nutrients (% of daily need)

Calories: 79.48kcal (3.97%), Fat: 0.55g (0.85%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 15g (5.45%), Sugar: 13.95g (15.5%), Cholesterol: 0mg (0%), Sodium: 206.42mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin C: 30.01mg (36.38%), Vitamin A: 1607.33IU (32.15%), Vitamin K: 15.78µg (15.03%), Potassium: 496.46mg (14.18%), Manganese: 0.28mg (14.16%), Fiber: 2.72g (10.88%), Vitamin B6: 0.19mg (9.57%), Folate: 31.99µg (8%), Vitamin E: 1.19mg (7.95%), Copper: 0.13mg (6.47%), Magnesium: 25.7mg (6.42%), Vitamin B3: 1.2mg (6.02%), Phosphorus: 55.36mg (5.54%), Vitamin B1: 0.08mg (5.41%), Iron: 0.97mg (5.41%), Calcium: 29.6mg (2.96%), Vitamin B2: 0.05mg (2.68%), Zinc: 0.39mg (2.62%), Vitamin B5: 0.2mg (1.97%)