

Tomato Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



36 min.

SERVINGS



48

CALORIES



16 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 58 ounce tomatoes diced drained canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 cups onion chopped (1 large)
- ☐ 0.5 cup sugar
- ☐ 0.5 cup citrus champagne vinegar

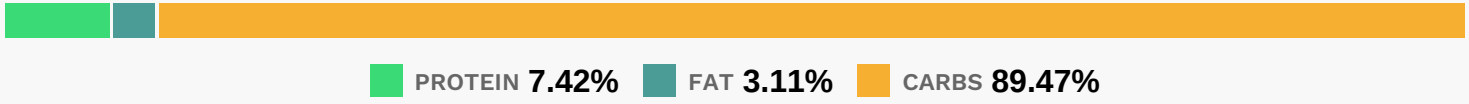
Equipment

- ☐ sauce pan

Directions

☐ Combine all ingredients in a large saucepan. Bring to a boil over medium-high heat. Cook, uncovered, 30 minutes or until mixture is reduced to 3 cups, stirring often.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:1.2060869679503%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 16.43kcal (0.82%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.51g (1.27%), Sugar: 3.11g (3.45%), Cholesterol: 0mg (0%), Sodium: 49.76mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Vitamin C: 3.58mg (4.34%), Vitamin B6: 0.04mg (2.23%), Potassium: 73.34mg (2.1%), Iron: 0.36mg (2%), Fiber: 0.44g (1.76%), Manganese: 0.04mg (1.75%), Vitamin E: 0.24mg (1.61%), Copper: 0.03mg (1.32%), Vitamin B3: 0.25mg (1.26%), Vitamin B2: 0.02mg (1.22%), Calcium: 12.15mg (1.21%), Vitamin B1: 0.02mg (1.19%), Magnesium: 4.43mg (1.11%)