



Tomato Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



62 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups cider vinegar
- ☐ 2 tablespoons garlic fresh minced
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon mustard seeds
- ☐ 1 tablespoon olive oil

- ☐ 1 cup onion chopped
- ☐ 7 plum tomatoes peeled quartered
- ☐ 2 teaspoons sea salt
- ☐ 0.5 teaspoon cardamom seeds crushed
- ☐ 0.5 cup sugar

Equipment

- ☐ sauce pan

Directions

- ☐ Place first 7 ingredients in a large saucepan over medium-low heat; bring to a boil.
- ☐ Add onion and remaining ingredients; stir to combine. Reduce heat, and simmer 1 1/2 hours or until thick, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:18.36, Glycemic Load:6.95, Inflammation Score:-3, Nutrition Score:2.1930434911147%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 61.76kcal (3.09%), Fat: 1.1g (1.7%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.73g (4.27%), Sugar: 10.16g (11.28%), Cholesterol: 0mg (0%), Sodium: 294.31mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Manganese: 0.19mg (9.43%), Vitamin C: 4.92mg (5.96%), Vitamin A: 226.53IU (4.53%), Potassium: 133.6mg (3.82%), Vitamin B6: 0.06mg (3.11%), Fiber: 0.76g (3.04%), Vitamin K: 2.99µg (2.84%), Copper: 0.04mg (2.16%), Vitamin E: 0.29mg (1.92%), Magnesium: 7.51mg (1.88%), Phosphorus: 18.71mg (1.87%), Folate: 6.32µg (1.58%), Iron: 0.28mg (1.56%), Vitamin B3: 0.25mg (1.24%), Vitamin B1: 0.02mg (1.19%), Calcium: 11.51mg (1.15%), Vitamin B2: 0.02mg (1.14%)