



Unbeetable Berry Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



68 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1.5 cups poached berries fresh (; your choice of type!)
- ☐ 1 tablespoon candied ginger finely chopped
- ☐ 0.5 cup orange marmalade
- ☐ 15.5 ounces pickled beets drained
- ☐ 0.3 teaspoon pepper flakes red crushed

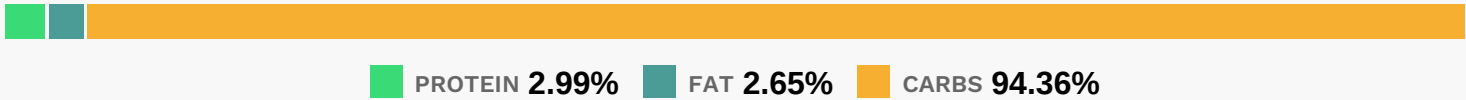
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the marmalade in medium saucepan over medium heat. Cook and stir until melted.Stir in the beets and red pepper. Cook, 3 to 5 minutes until the liquid is reduced by about half, stirring frequently.
- ☐ Add ginger, if desired.If using only cranberries, add to pan with beet mixture and cook until they just begin to pop. If using cranberries plus other berries, add other berries to beet-cranberry mixture; stir and heat through. If using only blueberries, raspberries and/or strawberries, add to beet mixture after reducing liquid in first step. Stir and heat through.
- ☐ Remove from heat. Cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1813043692838%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 11.54mg, Malvidin: 11.54mg, Malvidin: 11.54mg, Malvidin: 11.54mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 68.19kcal (3.41%), Fat: 0.22g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 17.43g (5.81%), Net Carbohydrates: 15.88g (5.77%), Sugar: 14.75g (16.39%), Cholesterol: 0mg (0%), Sodium: 95.41mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Manganese: 0.16mg (8.22%), Fiber: 1.55g (6.19%), Iron: 0.87mg (4.86%), Folate: 15.39µg (3.85%), Vitamin K: 3.95µg (3.77%), Vitamin C: 2.98mg (3.61%), Copper: 0.05mg (2.42%), Potassium: 84.48mg (2.41%), Magnesium: 9.03mg (2.26%), Vitamin B6: 0.04mg (2.14%), Vitamin B2: 0.03mg (1.8%), Calcium: 14.7mg (1.47%), Phosphorus: 10.82mg (1.08%), Vitamin B3: 0.2mg (1.02%), Vitamin E: 0.15mg (1.02%)