



Watermelon Rind Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



918 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon peppercorns black with flat side of a large knife crushed
- ☐ 1.5 cups apple cider vinegar
- ☐ 0.3 cup ginger fresh minced peeled
- ☐ 1.5 tablespoons garlic minced
- ☐ 2 tablespoons to 2 chilies slit green such as thai or serrano (including seeds) hot minced
- ☐ 1 teaspoon salt
- ☐ 2 cups sugar
- ☐ 1.5 cups water

☐ 8 lb watermelon (flesh and rind)

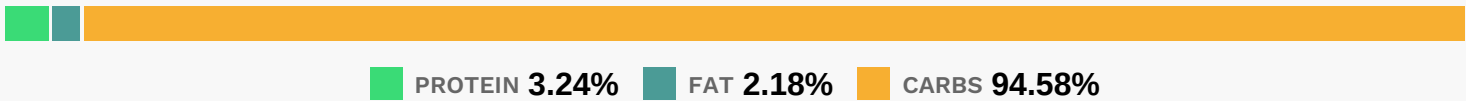
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ peeler

Directions

- ☐ Remove watermelon flesh from rind and reserve flesh for another use. Scrape off and discard any remaining pink flesh from rind, then cut rind crosswise into 2-inch-wide strips and remove green peel with a Y-shaped vegetable peeler or a sharp knife. Discard green peel.
- ☐ Cut white rind into 1/2-inch cubes (you will have 5 to 6 cups).
- ☐ Bring rind and remaining ingredients to a boil in a 4-quart heavy saucepan over moderate heat, stirring until sugar is dissolved. Reduce heat and simmer, uncovered, stirring occasionally, until rind is tender and translucent and liquid is syrupy, 45 to 55 minutes. Cool chutney, uncovered, then chill in an airtight container 1 to 3 days to allow flavors to mellow.
- ☐ Chutney keeps, covered and chilled, 1 month.

Nutrition Facts



Properties

Glycemic Index:87.25, Glycemic Load:158.75, Inflammation Score:-10, Nutrition Score:24.69130433124%

Flavonoids

Luteolin: 5.56mg, Luteolin: 5.56mg, Luteolin: 5.56mg, Luteolin: 5.56mg Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 918.2kcal (45.91%), Fat: 2.34g (3.61%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 229.12g (76.37%), Net Carbohydrates: 223.52g (81.28%), Sugar: 209.05g (232.28%), Cholesterol: 0mg (0%), Sodium: 835.65mg (36.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.71%), Vitamin A: 6886.88IU (137.74%), Vitamin C: 100.82mg (122.21%), Manganese: 0.94mg (47.16%), Potassium: 1503.78mg (42.97%), Magnesium: 133.83mg

(33.46%), Vitamin B6: 0.61mg (30.44%), Copper: 0.59mg (29.31%), Vitamin B1: 0.41mg (27.33%), Vitamin B5: 2.72mg (27.24%), Fiber: 5.6g (22.39%), Iron: 3.4mg (18.9%), Vitamin B2: 0.29mg (16.93%), Phosphorus: 152.61mg (15.26%), Vitamin B3: 2.25mg (11.25%), Calcium: 110.17mg (11.02%), Folate: 37.41µg (9.35%), Selenium: 6.42µg (9.17%), Zinc: 1.37mg (9.11%), Vitamin E: 0.64mg (4.24%), Vitamin K: 2.49µg (2.37%)