



Julie's Cranberry Chutney

Makes: 12 Servings

This easy and delicious recipe for cranberry chutney is a great alternative to cranberry sauce. It's healthier than traditional cranberry sauce - with more fruit and vegetables, and half the sugar. The finished product has a great sweet-tangy flavor, and makes a great side dish to serve with roasted turkey, chicken, or pork. Or, for something different, try serving it with low-fat yogurt!
~Julie, CNPP Nutritionist

Ingredients

3 cups whole, fresh cranberries

1 cup water

1 Juice of one orange

1/2 cup sugar

1 Granny Smith apple (chopped)

1 small onion (chopped)

Nutrition Information

Nutrients	Amount
Calories	90
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	2 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	12 g
Added Sugars included	8 g
Protein	1 g
Vitamin D	0 mcg
Calcium	12 mg
Iron	0 mg
Potassium	88 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/4 cup

1/4 cup apple cider vinegar

1/4 teaspoon red pepper flakes

1/4 teaspoon garam masala

1/2 cup chopped walnuts

Directions

1. Combine all ingredients in a pot and bring to a boil.
2. Cover with a lid and reduce heat to low.
3. Simmer for about 30 minutes, stirring occasionally.
4. Remove from heat and let chutney cool slightly.
5. Place in the refrigerator to cool completely.

Source: USDA Center for Nutrition Policy and Promotion