

Christmas Cranberry and Pumpkin Chutney

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-meatball-sauce-recipe>

Ingredients:

- 1 7/8 cups pumpkin diced lightly roasted
- 2 1/2 cups fresh cranberries
- 1 apple Bramley, approximately 150 grams peeled cored and diced
- 1 1/2 cups apple cider vinegar
- 15/16 cup light brown sugar
- 6 2/3 tablespoons fresh ginger grated
- 1 red chilli leave out for nightshade free
- 1/2 teaspoon chilli flakes dried, leave out for nightshade free
- 1 teaspoon turmeric
- 1 teaspoon cumin seeds toasted, toasted in a dry pan
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 2 teaspoons sea salt

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 60 grams
3. Fiber: 5 grams
4. Protein: 1 grams
5. Sodium: 960 milligrams
6. Sugar: 46 grams

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