

Fig Chutney

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-figs-recipe>

Ingredients:

- 1 tablespoon vegetable oil
- 1 red onion large, peeled and finely diced
- 1/2 inch fresh ginger piece of, peeled and minced
- 2/3 cup dark brown sugar or packed light
- 1/2 cup apple cider vinegar
- 1 lemon
- 3/4 cup raisins and diced dried fruits, any mix
- 1 1/2 teaspoons mustard seeds
- 1 cinnamon stick small
- 1/4 teaspoon ground allspice
- 1/4 teaspoon salt
- 1/8 teaspoon ground cloves
- 1 pinch red pepper powder
- 1 pound figs fresh, stemmed and diced

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 80 grams
3. Fat: 3.5 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. Sodium: 170 milligrams
7. Sugar: 67 grams

Thank you for visiting our website. Hope you enjoy Fig Chutney above. You can see more 19 chinese figs recipe Taste the magic today! to get more great cooking ideas.