

Cranberry-Pear Chutney (Juniper Berries)

Yield: 3 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/pears-recipe-indian>

Ingredients:

- 1 cup white onion minced
- 1 cup apple cider
- 3/4 cup fresh orange juice
- 2 tablespoons cider vinegar
- 4 juniper berries
- 1 tablespoon grated lemon zest coarsely
- 1 tablespoon grated orange zest coarsely
- 1 cinnamon stick 1 1/2 inches long
- 6 whole cloves
- 1 1/4 cups light brown sugar firmly packed
- 1 bag fresh cranberries about 3 cups
- 2 pears Bosc or other firm but ripe, peeled, halved, cored and cut into 1-inch cubes

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 144 grams
3. Fiber: 11 grams
4. Protein: 1 grams
5. Sodium: 45 milligrams
6. Sugar: 122 grams

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