

Spicy and Quick Cranberry Pineapple Chutney

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-pineapple-chutney-recipe>

Ingredients:

- 1 can whole berry cranberry sauce
- 1 can pineapple tidbits in juice, drained
- 3 tablespoons rice wine vinegar
- red chili powder to taste
- salt to taste
- 1 teaspoon garlic grated
- 2 teaspoons ginger grated
- 2 tablespoons pineapple juice from can of tidbits

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 54 grams
3. Fiber: 3 grams
4. Protein: 1 grams
5. Sodium: 250 milligrams
6. Sugar: 50 grams

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