

Mrs Balls Chutney

Yield: 4 min

Total Time: 765 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-mrs-balls-chutney-recipe>

Ingredients:

- 12 1/2 cups dried apricots finely chopped
- 2 3/4 cups sultanas
- 1 1/8 pounds onions finely chopped
- 1 1/2 cups sherry vinegar
- 2 1/8 cups water
- 1 1/4 cups white sugar
- 1 teaspoon salt 5, ml
- 1 teaspoon chilli flakes Dried, more or less to your own taste

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 163 grams
3. Fat: 1.5 grams
4. Fiber: 12 grams
5. Protein: 6 grams
6. Sodium: 620 milligrams
7. Sugar: 144 grams

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