

Cranberry Chutney



Where service *and savings* matter.

SERVINGS: 28 servings
(1/4 cup = 1 serving)

INGREDIENTS:

4 cups fresh cranberries
1 ½ cups sugar
1 cup water
1 cup orange juice
1 cup golden raisins
1 cup chopped walnuts
1 cup chopped celery
1 cup Granny Smith apple, chopped with peel
1 Tbsp grated orange rind
1 tsp ground ginger

NUTRITIONALS

Nutritional analysis per serving:
calories 100, calories from fat 25,
total fat 3g, saturated fat 0g, trans
fat 0g, cholesterol 0mg, sodium
0mg, total carbohydrate 19g, dietary
fiber 1g, sugars 17g, protein 1g,
vitamin A 0%, vitamin C 10%,
calcium 0%, iron 2%

DIRECTIONS:

1. Combine cranberries, sugar, and water; cook uncovered over low heat for 15 minutes, stirring frequently.
2. Remove from heat; stir in remaining ingredients.
3. Cover and refrigerate. Makes 7 cups.

Source: Christmas with Southern Living. 1981.

visit unitedtexas.com for more recipe ideas