

# Apricot-Almond Chutney

Source: Chef Stephen Pyles, Star Canyon, Dallas, Texas

6 ounces dried apricots, diced tomatoes  
2/3 cup water  
1 small onion, thinly sliced or chopped  
1/2 cup red wine vinegar  
1/2 cup brown sugar  
1-2 tablespoons chopped cilantro  
1 clove garlic, chopped  
1/2 teaspoon ground ginger  
1/8 teaspoon salt  
1/2 cup blanched sliced almonds, toasted and coarsely chopped

Bring apricots and water to a boil in a small saucepan over Medium-High heat. Boil about 3 minutes, stirring occasionally until apricots soften and 2 tablespoons liquid remain. Add remaining ingredients, except almonds to the pan. Bring to a boil; reduce heat to Low and simmer 30 minutes, stirring occasionally. Remove from heat and stir in almonds. Serve or pass as an accompaniment to sliced pork or beef roasts. Extra chutney may be safely stored, covered, in the refrigerator for two weeks.

**Servings: 6**

**Preparation time: 10 minutes**

**Cooking time: 35 minutes**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

*water*

Amount Per Serving	
<b>Calories</b>	215.25
Calories From Fat (24%)	51.77
<b>% Daily Value</b>	
<b>Total Fat</b> 6.24g	<b>10%</b>
Saturated Fat 0.48g	<b>2%</b>
<b>Cholesterol</b> 0.00mg	<b>0%</b>
<b>Sodium</b> 61.60mg	<b>3%</b>
<b>Potassium</b> 523.56mg	<b>15%</b>
<b>Carbohydrates</b> 40.49g	<b>13%</b>
Dietary Fiber 3.64g	<b>15%</b>
Sugar 33.86g	
Sugar Alcohols 0.00g	
Net Carbohydrates 36.84g	
<b>Protein</b> 3.67g	<b>7%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
6 ounces dried apricots, diced tomatoes	6 x 1 oz of Apricots, dried, sulfured, uncooked
2/3 cup water	Not linked
1 small onion, thinly sliced or chopped	1 x 1 small of Onions, raw
1/2 cup red wine vinegar	0.50 x 1 cup of Vinegar, red wine
1/2 cup brown sugar	0.50 x 1 cup, packed of Sugars, brown
1-2 tablespoons chopped cilantro	1 x 1 tablespoon of Cilantro (Chinese parsley), raw
1 clove garlic, chopped	1 x 1 clove of Garlic, raw
1/2 teaspoon ground ginger	0.50 x 1 teaspoon of Spices, ginger, ground
1/8 teaspoon salt	0.13 x 1 teaspoon of Salt, table
1/2 cup blanched sliced almonds, toasted and coarsely chopped	0.50 x 1 cup of Nuts, almonds, dry roasted, without salt added

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