

Hibiscus Chutney



Nutrition Facts

Serving Size (15g) 1 Tablespoon
Servings Per Container

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Sugars 11g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Hibiscus Chutney

Ingredients:

1 Box fruit Pectin
4 cups of cooked hibiscus pulp (saved after juice is extracted)
½ cup vinegar
¼ cup fresh lemon juice
1 cup golden raisins
¼ cup slivered preserved ginger (I prefer fresh ginger)
1/3 cup finely chopped onion
2 finely chopped jalapeno pepper
1 Tablespoon salt
1 teaspoon ground allspice, ½ teaspoon each ground cinnamon, cloves (or 2 teaspoon of Gram Masala)
4 ½ cups sugar
¾ cup brown sugar.

Procedure:

- 1-In a large pot mix all ingredients except sugar
- 2-Add fruit pectin and mix well
- 3-Bring mixture to full boil, continuously stirring
- 4-Add sugar and bring mixture back to boil for 2 to 3 more minutes
- 5-Remove from heat, skim foam and transfer to hot sterilized jars

Canning:

Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain jars well before filling. Process in boiling water for 5 minutes.

