

# Pear-Ginger Chutney Cranberry Sauce

*Parade Magazine*

1 bag (12 ounce) fresh or frozen cranberries  
 1 cup sugar  
 2 pears, peeled and diced  
 1/4 cup crystalized (candied) ginger, finely chopped  
 1 jalapeno pepper, minced (discard the seeds)  
 1 teaspoon fresh ginger, grated  
 1 pinch salt

In a saucepan over medium heat, combine the cranberries and sugar. Cook, stirring, until the cranberries begin to burst and the sugar dissolves, about 7 minutes.

Stir in the pears, candied ginger, jalapeno, ginger and salt. Cook, stirring, until the pears are tender, 5 to 8 minutes.

Let cool before serving or before covering and freezing. (To serve after freezing, thaw overnight in the refrigerator.)

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Per Serving (excluding unknown items): 975 Calories; 1g Fat (1.2% calories from fat); 1g Protein; 251g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 0 Vegetable; 3 1/2 Fruit; 0 Fat; 13 1/2 Other Carbohydrates.

Side Dishes, Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	975
% Calories from Fat:	1.2%
% Calories from Carbohydrates:	98.2%
% Calories from Protein:	0.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	251g
Dietary Fiber (g):	8g
Protein (g):	1g
Sodium (mg):	136mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	31mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

**Potassium (mg):** 457mg  
**Calcium (mg):** 41mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 20mg  
**Vitamin A (i.u.):** 97IU  
**Vitamin A (r.e.):** 9 1/2RE

**Fruit:** 3 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 13 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 975 Calories from Fat: 12

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### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	136mg	6%
<b>Total Carbohydrates</b>	251g	84%
Dietary Fiber	8g	34%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		33%
<b>Calcium</b>		4%
<b>Iron</b>		6%

*\* Percent Daily Values are based on a 2000 calorie diet.*