

Cilantro Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



94 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.5 teaspoons to 2 chilies slit green such as serrano or thai, including seeds hot finely chopped
- 1.5 teaspoons ground cumin
- 0.3 cup juice of lime fresh
- 0.3 cup olive oil
- 1.5 teaspoons salt
- 6 spring onion coarsely chopped
- 2 teaspoons sugar

Equipment

food processor

Directions

Purée all ingredients in a food processor until smooth.

Chutney can be made up to 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



PROTEIN 1.44% **FAT 84.42%** **CARBS 14.14%**

Properties

Glycemic Index:17.85, Glycemic Load:1.12, Inflammation Score:-2, Nutrition Score:2.8982608577479%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 93.6kcal (4.68%), Fat: 9.15g (14.07%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.88g (2.08%), Cholesterol: 0mg (0%), Sodium: 592.85mg (25.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%), Vitamin K: 30.35µg (28.9%), Vitamin E: 1.4mg (9.34%), Vitamin C: 5.62mg (6.81%), Iron: 0.57mg (3.19%), Vitamin A: 131.03IU (2.62%), Folate: 8.74µg (2.18%), Manganese: 0.04mg (1.96%), Fiber: 0.49g (1.95%), Potassium: 54.09mg (1.55%), Calcium: 15.17mg (1.52%), Magnesium: 5.05mg (1.26%)