

Cilantro Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



7

CALORIES



9 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon cumin seeds
- ☐ 2 bunches cilantro leaves fresh leaves picked
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 2 chile peppers green
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons tomato sauce

Equipment

- ☐ food processor

blender

Directions

Blend the cilantro, ginger, cumin, green chile peppers, lemon juice, and tomato sauce in a food processor or blender until finely ground. Stir water into the mixture to give a sauce-like consistency as desired.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:1.2873913069134%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 8.64kcal (0.43%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 64.96mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.4%), Vitamin K: 7.22µg (6.88%), Vitamin C: 4.24mg (5.14%), Vitamin A: 176.68IU (3.53%), Fiber: 0.64g (2.54%), Iron: 0.29mg (1.59%), Manganese: 0.03mg (1.45%), Potassium: 42.46mg (1.21%)