



Cilantro-Coconut Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



8 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 1 cup cilantro leaves fresh
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon gingerroot minced peeled
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 2 tablespoons juice of lime
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup coconut or shredded sweetened

☐ 0.3 cup water

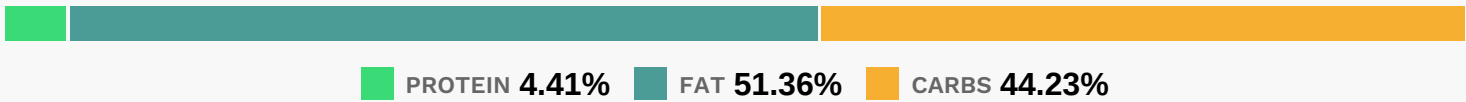
Equipment

☐ food processor

Directions

☐ Place all ingredients in a food processor, and process until smooth.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.54826087277869%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 7.7kcal (0.39%), Fat: 0.47g (0.73%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 15.98mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin K: 2.36µg (2.25%), Manganese: 0.04mg (2.2%), Vitamin C: 1.37mg (1.66%), Vitamin A: 54IU (1.08%)