



Cilantro-Yogurt Chutney

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



32 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup cilantro leaves fresh coarsely chopped
- 1 teaspoon ginger fresh grated
- 0.3 cup mint leaves fresh
- 1 garlic clove chopped
- 3 green onions chopped
- 0.5 teaspoon ground cumin
- 1 jalapeno seeded chopped

- 1 tablespoon juice of lemon fresh
- 1 cup yogurt plain drained
- 0.5 teaspoon salt

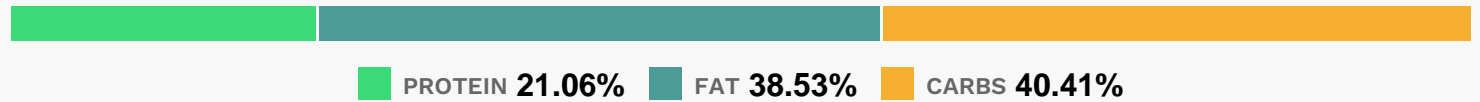
Equipment

- food processor
- bowl
- blender

Directions

- Combine first 10 ingredients in a food processor or blender; process until smooth, stopping to scrape down sides, if necessary.
- Transfer mixture to a bowl, and stir in yogurt. Refrigerate until ready to serve (up to 4 days).

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:3.6213043785614%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 31.72kcal (1.59%), Fat: 1.43g (2.2%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 3.37g (1.12%), Net Carbohydrates: 2.87g (1.04%), Sugar: 2.24g (2.49%), Cholesterol: 5.31mg (1.77%), Sodium: 215.85mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Vitamin K: 21.29µg (20.27%), Vitamin C: 6.57mg (7.96%), Vitamin A: 387.53IU (7.75%), Calcium: 63.32mg (6.33%), Phosphorus: 46.24mg (4.62%), Vitamin B2: 0.08mg (4.43%), Potassium: 119.74mg (3.42%), Manganese: 0.07mg (3.38%), Folate: 11.69µg (2.92%), Vitamin B12: 0.15µg (2.52%), Magnesium: 9.75mg (2.44%), Iron: 0.39mg (2.15%), Zinc: 0.32mg (2.13%), Vitamin B6: 0.04mg

(2.08%), Vitamin B5: 0.2mg (2%), Fiber: 0.5g (1.99%), Selenium: 1.05µg (1.51%), Vitamin B1: 0.02mg (1.48%), Vitamin E: 0.22mg (1.46%), Copper: 0.03mg (1.33%)