



Coconut-Cilantro Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 cups cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh peeled coarsely chopped
- ☐ 2 garlic clove coarsely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup coconut flakes unsweetened grated
- ☐ 0.8 cup water

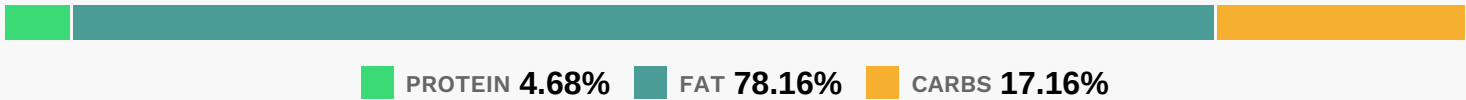
Equipment

☐ blender

Directions

☐ Combine all ingredients in a blender; process until smooth, stopping occasionally to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:4.45347824304%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 99.5kcal (4.97%), Fat: 9.27g (14.26%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 397.69mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Manganese: 0.44mg (22.18%), Vitamin K: 16.61µg (15.82%), Fiber: 2.55g (10.21%), Vitamin A: 364.52IU (7.29%), Copper: 0.14mg (6.96%), Vitamin C: 3.98mg (4.83%), Iron: 0.82mg (4.54%), Magnesium: 16.71mg (4.18%), Selenium: 2.84µg (4.06%), Phosphorus: 35.73mg (3.57%), Potassium: 124.75mg (3.56%), Vitamin B6: 0.07mg (3.42%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.16mg (1.59%), Vitamin B2: 0.03mg (1.54%), Vitamin E: 0.22mg (1.45%), Folate: 5.77µg (1.44%), Calcium: 13.78mg (1.38%), Vitamin B1: 0.02mg (1.18%)