



Curried Mango Chutney Dip

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon mild curry powder
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic crushed
- 2 tablespoons mango chutney
- 1 onion chopped
- 1 cup yogurt plain
- 0.5 teaspoon unrefined sunflower oil

Equipment

food processor

frying pan

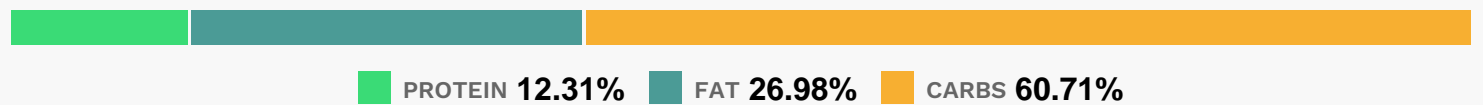
Directions

Heat oil in a skillet over medium heat. Cook and stir onion and garlic in hot oil until tender, about 5 minutes. Stir curry powder into the onion mixture; cook 1 minute more.

Remove from heat to cool.

Blend onion mixture, yogurt, chutney, and parsley in a food processor and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.5, Inflammation Score:-2, Nutrition Score:2.4113043294005%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 42.17kcal (2.11%), Fat: 1.29g (1.99%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 6.16g (2.24%), Sugar: 4.45g (4.95%), Cholesterol: 3.98mg (1.33%), Sodium: 16.99mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Vitamin K: 16.67µg (15.87%), Calcium: 44.55mg (4.46%), Vitamin C: 3.19mg (3.87%), Phosphorus: 36.19mg (3.62%), Vitamin B2: 0.05mg (3.13%), Potassium: 81.87mg (2.34%), Vitamin A: 116.13IU (2.32%), Manganese: 0.04mg (2.02%), Vitamin B6: 0.04mg (1.95%), Vitamin B12: 0.11µg (1.89%), Folate: 7.04µg (1.76%), Magnesium: 6.26mg (1.56%), Zinc: 0.23mg (1.54%), Fiber: 0.38g (1.52%), Vitamin B5: 0.15mg (1.46%), Selenium: 0.97µg (1.39%), Vitamin B1: 0.02mg (1.25%), Vitamin E: 0.17mg (1.1%)