



Date Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



28 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup dates whole pitted chopped (16 dates)
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon jalapeno seeded chopped
- 0.5 cup juice of lemon fresh (3 lemons)
- 0.5 teaspoon salt
- 0.3 cup water

Equipment

- food processor

blender

Directions

Combine all ingredients in a blender or food processor; process until thick and smooth.

Note: Chutney will keep in the refrigerator for up to 2 days.

Nutrition Facts

PROTEIN 3.32% FAT 1.65% CARBS 95.03%

Properties

Glycemic Index:7.25, Glycemic Load:3.21, Inflammation Score:-1, Nutrition Score:0.93391303782878%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 27.87kcal (1.39%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 6.69g (2.43%), Sugar: 6.06g (6.73%), Cholesterol: 0mg (0%), Sodium: 73.17mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 4.11mg (4.99%), Fiber: 0.79g (3.14%), Potassium: 70.72mg (2.02%), Manganese: 0.03mg (1.31%), Magnesium: 4.6mg (1.15%), Vitamin B6: 0.02mg (1.13%), Copper: 0.02mg (1.07%)