



Grilled Sweet Onion-and-Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



129 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup firmly brown sugar light packed
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons ginger fresh minced
- 1 jalapeno minced seeded
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime zest
- 2 mangoes peeled cut into 1/2-inch slices
- 2 tablespoons olive oil

- 2 large onions sweet cut into 1/2-inch slices
- 0.5 teaspoon salt
- 0.5 cup citrus champagne vinegar

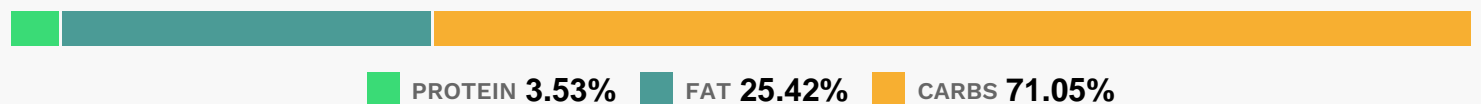
Equipment

- bowl
- sauce pan
- grill

Directions

- Preheat grill to 300 to 350 (medium) heat.
- Brush both sides of onion and mangoes with olive oil. Grill onions, covered with grill lid, 5 to 6 minutes on each side until softened and grill marks appear. At same time, grill mangoes 2 to 3 minutes on each side or until softened and grill marks appear.
- Remove from grill; cover and let stand 15 minutes.
- Meanwhile, bring vinegar and next 4 ingredients to a boil in a small saucepan over medium-high heat. Reduce heat to low, and simmer 5 minutes.
- Add jalapeo, and simmer 5 minutes.
- Remove from heat; transfer to a bowl.
- Chop onion and mangoes, and stir into vinegar mixture. Stir in cilantro and lime juice.
- Serve chutney warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.34, Glycemic Load:3.66, Inflammation Score:-7, Nutrition Score:5.6199999425722%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg, Quercetin: 12.48mg

Nutrients (% of daily need)

Calories: 129.21kcal (6.46%), Fat: 3.79g (5.83%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 23.83g (7.94%), Net Carbohydrates: 22.14g (8.05%), Sugar: 20.31g (22.57%), Cholesterol: 0mg (0%), Sodium: 156.98mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Vitamin C: 26.42mg (32.03%), Vitamin A: 626.61IU (12.53%), Folate: 42.85µg (10.71%), Vitamin B6: 0.19mg (9.28%), Vitamin E: 1.08mg (7.19%), Fiber: 1.7g (6.79%), Vitamin K: 6.94µg (6.61%), Potassium: 223.21mg (6.38%), Manganese: 0.12mg (5.89%), Copper: 0.12mg (5.86%), Magnesium: 15.55mg (3.89%), Vitamin B1: 0.05mg (3.4%), Phosphorus: 33.09mg (3.31%), Calcium: 32.42mg (3.24%), Iron: 0.48mg (2.68%), Vitamin B3: 0.52mg (2.58%), Vitamin B2: 0.04mg (2.34%), Vitamin B5: 0.21mg (2.13%), Selenium: 0.86µg (1.24%), Zinc: 0.18mg (1.18%)