



## Island Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



14 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 3 sprigs cilantro leaves fresh chopped
- 3 cloves garlic chopped
- 0.5 habanero pepper seeded chopped to taste
- 1 tablespoon juice of lime
- 1 mangos peeled seeded chopped
- 0.5 teaspoon salt to taste

### Equipment

- blender

# Directions

Blend mango, garlic, habanero pepper, cilantro, lime juice, and salt in a blender until desired consistency is reached.

# Nutrition Facts



**PROTEIN 6.33%**   **FAT 4.98%**   **CARBS 88.69%**

# Properties

Glycemic Index:15.88, Glycemic Load:1.54, Inflammation Score:-3, Nutrition Score:1.5786956296019%

# Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

# Nutrients (% of daily need)

Calories: 14.49kcal (0.72%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.9g (3.23%), Cholesterol: 0mg (0%), Sodium: 117.02mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin C: 9.16mg (11.11%), Vitamin A: 274.55IU (5.49%), Vitamin K: 3.03µg (2.89%), Folate: 9.61µg (2.4%), Vitamin B6: 0.04mg (1.99%), Manganese: 0.03mg (1.62%), Fiber: 0.38g (1.53%), Copper: 0.03mg (1.42%), Vitamin E: 0.21mg (1.4%), Potassium: 45.25mg (1.29%)