



Kokub's Mango Chutney from Pakistan



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



540 min.

SERVINGS



3

CALORIES



848 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 5 peppercorns black crushed
- ☐ 2 cardamom pods
- ☐ 1 stick cinnamon (3 inch)
- ☐ 1 teaspoon cumin seed
- ☐ 1 inch ginger root fresh chopped
- ☐ 3 cloves garlic peeled
- ☐ 4 mangoes green ripe peeled seeded cut into strips (under)
- ☐ 0.5 teaspoon pepper flakes red

- ☐ 1 teaspoon salt
- ☐ 4 cardamom seeds
- ☐ 1 cup distilled vinegar white
- ☐ 2.5 cups sugar white

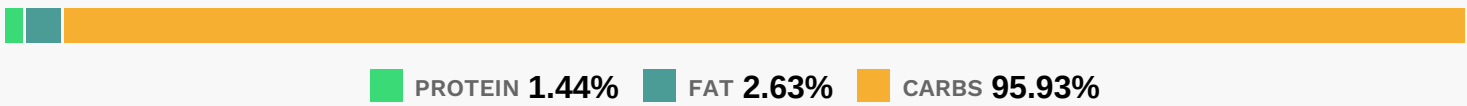
Equipment

- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Place the mangoes into a large pot. Crush the ginger and garlic using a mortar and pestle until they become a smooth paste; stir the paste into the mangoes. Stir in the sugar, and season with salt, red pepper flakes, cumin seed, cardamom pods and seeds, cinnamon stick, and cloves. Stir to blend, and then cover the pot. Leave the pot sitting out at room temperature overnight.
- ☐ The next day, place the pot over medium heat. Cook, stirring occasionally, until mixture begins to thicken, about 30 minutes. Stir in the vinegar and peppercorns; cook for 1 more minute. Cool before using.

Nutrition Facts



Properties

Glycemic Index:87.95, Glycemic Load:135.92, Inflammation Score:-9, Nutrition Score:17.898260800735%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 4.75mg, Catechin: 4.75mg, Catechin: 4.75mg, Catechin: 4.75mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 847.79kcal (42.39%), Fat: 2.57g (3.95%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 211.37g (70.46%), Net Carbohydrates: 205.52g (74.73%), Sugar: 204.34g (227.04%), Cholesterol: 0mg (0%), Sodium: 789.08mg (34.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Vitamin C: 101.89mg (123.51%), Vitamin A: 3098.24IU (61.96%), Manganese: 0.91mg (45.55%), Folate: 119.29µg (29.82%), Fiber: 5.87g (23.5%), Vitamin B6: 0.38mg (19.23%), Copper: 0.36mg (17.92%), Vitamin E: 2.67mg (17.8%), Potassium: 531.17mg (15.18%), Vitamin K: 12.67µg (12.07%), Vitamin B3: 1.99mg (9.93%), Magnesium: 37.2mg (9.3%), Vitamin B2: 0.15mg (8.77%), Iron: 1.42mg (7.9%), Calcium: 68.25mg (6.83%), Vitamin B1: 0.09mg (6.13%), Vitamin B5: 0.58mg (5.76%), Phosphorus: 55.13mg (5.51%), Selenium: 3.67µg (5.25%), Zinc: 0.49mg (3.25%)