



Mague's Green Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



76 min.

SERVINGS



4

CALORIES



211 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon pepper black
- 1 cup cider vinegar
- 1 small cinnamon sticks
- 1.5 tablespoons ginger root fresh minced
- 6 cloves garlic minced
- 4 cups mangoes diced green ripe peeled seeded (under)
- 1.5 teaspoons lemon zest
- 2 tablespoons blackstrap molasses

- 0.5 cup raisins
- 0.3 cup serrano peppers finely chopped
- 1 cup water

Equipment

- sauce pan

Directions

- Place the mango, raisins, serrano peppers, garlic, ginger, lemon zest, black pepper, molasses, cinnamon, and cloves into a large saucepan.
- Pour in the water and vinegar. Bring to a boil, then reduce heat to medium-low, and simmer uncovered until a jam-like consistency is attained, about 30 minutes. Stir frequently while cooking. Once thickened, cool, and store in the refrigerator. The chutney may also be frozen.

Nutrition Facts



PROTEIN 4.43% **FAT 3.51%** **CARBS 92.06%**

Properties

Glycemic Index:69.14, Glycemic Load:23.27, Inflammation Score:-9, Nutrition Score:15.171738862991%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 211.38kcal (10.57%), Fat: 0.87g (1.34%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 45.99g (16.72%), Sugar: 30.71g (34.13%), Cholesterol: 0mg (0%), Sodium: 18.56mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin C: 66.52mg (80.63%), Manganese: 0.89mg (44.59%), Vitamin A: 1858.36IU (37.17%), Fiber: 5.19g (20.74%), Vitamin B6: 0.4mg (19.88%), Potassium: 690.21mg (19.72%), Folate: 73.83µg (18.46%), Copper: 0.35mg (17.61%), Magnesium: 56.62mg (14.15%), Vitamin E: 1.58mg

(10.52%), Vitamin K: 10.51µg (10.01%), Iron: 1.7mg (9.43%), Vitamin B3: 1.58mg (7.91%), Calcium: 75.39mg (7.54%),
Vitamin B2: 0.11mg (6.51%), Phosphorus: 58mg (5.8%), Vitamin B1: 0.09mg (5.74%), Selenium: 3.73µg (5.33%),
Vitamin B5: 0.49mg (4.85%), Zinc: 0.35mg (2.36%)