



Mandarin Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



303 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 teaspoon pepper hot
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon jalapeno fresh minced
- ☐ 2 mandarin orange segents
- ☐ 0.5 cup mango chutney
- ☐ 2 tablespoons rice vinegar
- ☐ 0.5 teaspoon salad oil

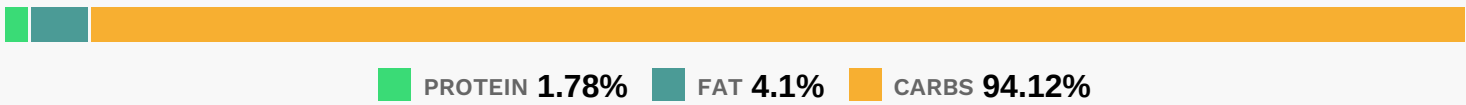
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ With a sharp knife, cut off and discard peel and outer membrane from 2 mandarin oranges or tangerines (about 1/2 lb. total). Hold fruit over a bowl and cut between fruit and inner membranes to release segments into bowl; squeeze juice from membranes into bowl, then discard membranes. In a 1- to 1 1/2-quart pan over high heat, stir 1 tablespoon minced garlic and 1 tablespoon minced fresh jalapeo chili in 1/2 teaspoon salad oil until garlic and chili begin to sizzle, about 1 minute.
- ☐ Add 1/2 cup mango chutney, 2 tablespoons rice vinegar, 1/8 teaspoon hot chili flakes, and mandarin segments and their juice. Stir until boiling, then reduce heat and simmer, stirring often, until mixture is reduced to 1/2 cup, 8 to 10 minutes.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:104.5, Glycemic Load:36.41, Inflammation Score:-6, Nutrition Score:6.9008696338405%

Flavonoids

Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 303.15kcal (15.16%), Fat: 1.4g (2.15%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 72.15g (24.05%), Net Carbohydrates: 69.29g (25.2%), Sugar: 50.92g (56.57%), Cholesterol: 0mg (0%), Sodium: 32.24mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Vitamin C: 41.12mg (49.84%), Vitamin A: 717.55IU (14.35%), Fiber: 2.86g (11.43%), Vitamin B6: 0.17mg (8.46%), Manganese: 0.15mg (7.67%), Potassium: 248.93mg (7.11%), Copper: 0.14mg (6.98%), Folate: 25.61µg (6.4%), Vitamin B2: 0.11mg (6.3%), Calcium: 59.07mg (5.91%), Vitamin E: 0.77mg (5.15%), Vitamin B1: 0.08mg (5.06%), Phosphorus: 42.83mg (4.28%), Magnesium: 16.43mg (4.11%), Iron:

0.66mg (3.68%), Selenium: 2.49µg (3.56%), Vitamin B5: 0.26mg (2.56%), Vitamin B3: 0.5mg (2.5%), Vitamin K: 2.3µg (2.19%), Zinc: 0.18mg (1.18%)