



## Mango and Mint Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup brown sugar packed
- 0.5 cup cider vinegar
- 2 teaspoons curry powder homemade
- 2 tablespoons ginger fresh minced peeled
- 0.3 cup mint leaves fresh chopped
- 0.1 teaspoon ground allspice
- 0.1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 0.1 teaspoon ground nutmeg
- 1 jalapeno seeded finely chopped
- 3.3 cups mangos diced peeled
- 1 tablespoon olive oil
- 0.3 cup raisins
- 0.3 cup onion red finely chopped

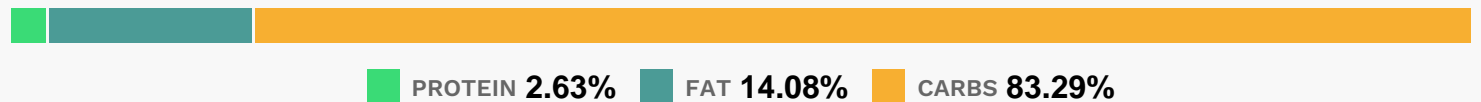
## Equipment

- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion, ginger, and pepper; cover and cook 7 minutes, stirring occasionally. Stir in the sugar and next 7 ingredients (sugar through allspice); cover and cook 5 minutes. Increase heat to medium-high.
- Add the mango, and cook for 4 minutes or until liquid almost evaporates. Stir in mint.

## Nutrition Facts



## Properties

Glycemic Index:26.63, Glycemic Load:4.53, Inflammation Score:-5, Nutrition Score:3.6986956207649%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 87.67kcal (4.38%), Fat: 1.44g (2.21%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 17.9g (6.51%), Sugar: 15.28g (16.98%), Cholesterol: 0mg (0%), Sodium: 5.3mg (0.23%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.61g (1.21%), Vitamin C: 18.46mg (22.38%), Vitamin A: 539.54IU (10.79%), Manganese: 0.13mg (6.51%), Folate: 22.09µg (5.52%), Fiber: 1.25g (5.01%), Vitamin E: 0.69mg (4.62%), Potassium: 143.35mg (4.1%), Vitamin B6: 0.08mg (3.93%), Copper: 0.07mg (3.73%), Vitamin K: 3.21µg (3.06%), Magnesium: 9.49mg (2.37%), Iron: 0.41mg (2.3%), Vitamin B3: 0.4mg (2%), Calcium: 19.69mg (1.97%), Vitamin B2: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.33%), Phosphorus: 13.32mg (1.33%), Vitamin B5: 0.12mg (1.15%)