



Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



297 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup firmly brown sugar packed
- 1 tablespoon canola oil
- 0.3 cup cider vinegar
- 0.1 teaspoon ground cardamom
- 4 mangoes diced ripe
- 1 small onion minced
- 0.3 teaspoon salt

1 shallots minced

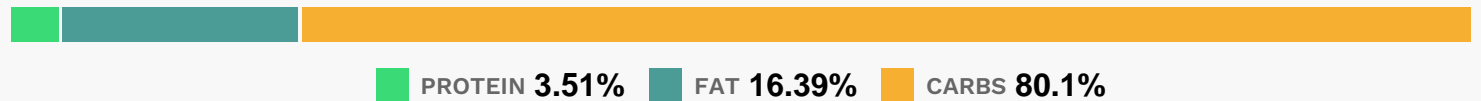
Equipment

dutch oven

Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add shallot and onion; saut 3 minutes or until tender.
- Add mangoes, vinegar, and sugar. Bring to a boil, reduce heat, and simmer 20 minutes or until liquid evaporates. Stir in salt, pepper, and cardamom.

Nutrition Facts



Properties

Glycemic Index:61.92, Glycemic Load:20.06, Inflammation Score:-10, Nutrition Score:16.349565101706%

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 Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 296.71kcal (14.84%), Fat: 5.76g (8.86%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 63.31g (21.1%), Net Carbohydrates: 58.17g (21.15%), Sugar: 57.32g (63.69%), Cholesterol: 0mg (0%), Sodium: 204.66mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin C: 102.87mg (124.7%), Vitamin A: 2988.03IU (59.76%), Folate: 126.16µg (31.54%), Vitamin E: 3.31mg (22.07%), Fiber: 5.14g (20.58%), Vitamin B6: 0.39mg (19.67%), Copper: 0.34mg (16.78%), Manganese: 0.33mg (16.74%), Potassium: 567.69mg (16.22%), Vitamin K: 15.35µg (14.62%), Vitamin B3: 1.91mg (9.57%), Magnesium: 34.81mg (8.7%), Vitamin B2: 0.11mg (6.66%), Vitamin B5: 0.62mg (6.23%), Vitamin B1: 0.09mg (6.22%), Calcium: 56.6mg (5.66%), Phosphorus: 53.15mg (5.31%), Iron: 0.79mg (4.39%), Selenium: 2.12µg (3.03%), Zinc: 0.34mg (2.29%)