



Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



1569 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 cups brown sugar
- 0.5 cup ginger root fresh chopped
- 3 cloves garlic chopped
- 1 cup golden raisins
- 4 teaspoons ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 2 teaspoons ground ginger

- 2 teaspoons ground nutmeg
- 1 teaspoon kosher salt
- 16 cups semi-ripe mangos sliced
- 2 large onions chopped
- 1 cup raisins
- 5 small chile peppers red hot seeded chopped
- 3 cups distilled vinegar white
- 6 cups sugar white

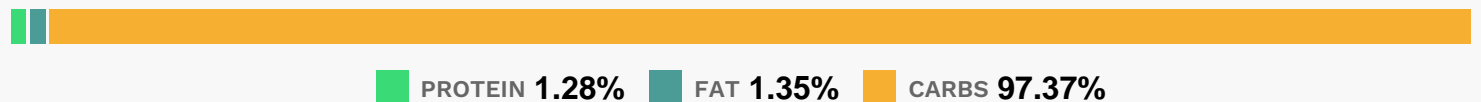
Equipment

- sauce pan

Directions

- In a large saucepan combine vinegar, white sugar, brown sugar, cinnamon, ground ginger, allspice, cloves, nutmeg, chile peppers and salt. Bring to a boil; boil for 1/2 hour.
- Stir in onions, garlic, golden raisins, raisins and ginger and boil for another 1/2 hour.
- Stir in mangos (and almonds if using), reduce heat to low and simmer for 1/2 hour.
- Pour mixture into sterilized jars, to 1/2 inch below lid level, and seal.

Nutrition Facts



Properties

Glycemic Index:61.79, Glycemic Load:145.14, Inflammation Score:-10, Nutrition Score:25.650434867195%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin:

0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 1569.06kcal (78.45%), Fat: 2.45g (3.77%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 398.55g (132.85%), Net Carbohydrates: 389.5g (141.64%), Sugar: 369.09g (410.1%), Cholesterol: 0mg (0%), Sodium: 357.55mg (15.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Vitamin C: 165.94mg (201.14%), Vitamin A: 3846.4IU (76.93%), Manganese: 1.01mg (50.75%), Folate: 159.81µg (39.95%), Vitamin B6: 0.77mg (38.56%), Fiber: 9.05g (36.19%), Potassium: 1260.71mg (36.02%), Copper: 0.66mg (33.18%), Calcium: 223.09mg (22.31%), Vitamin E: 3.24mg (21.58%), Magnesium: 77.81mg (19.45%), Vitamin K: 19.04µg (18.14%), Iron: 3.26mg (18.1%), Vitamin B3: 3.33mg (16.67%), Vitamin B2: 0.26mg (15.38%), Phosphorus: 121.25mg (12.12%), Vitamin B1: 0.16mg (10.59%), Vitamin B5: 1.03mg (10.28%), Selenium: 6.44µg (9.21%), Zinc: 0.68mg (4.55%)