



Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



136 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons brown sugar
- 1 cup golden raisins
- 0.3 teaspoon ground cloves
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 0.3 teaspoon ground nutmeg
- 0.1 teaspoon ground pepper red

- 2 to 3 jalapeño peppers seeded chopped
- 2 tablespoons juice of lime
- 3 cups mangos chopped (2 medium)
- 1.5 cups orange juice
- 1 medium size onion red chopped

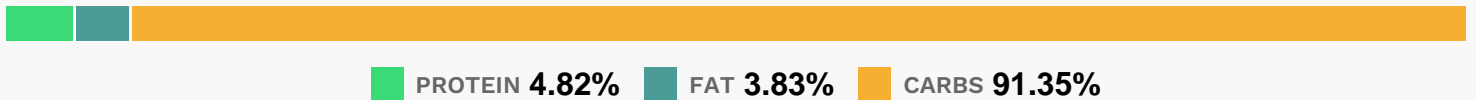
Equipment

- sauce pan

Directions

- Combine all ingredients in a medium saucepan.
- Cover mixture, and bring to a boil over medium heat, stirring occasionally. Reduce heat, and simmer, uncovered, 30 minutes or until mixture thickens, stirring occasionally; cool slightly.
- Serve immediately with Mango–Chicken Pita Sandwiches, or cover and chill up to 1 week.
- *3 cups chopped refrigerated mango slices, drained, may be substituted.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:14.86, Inflammation Score:-7, Nutrition Score:8.3386956556984%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg 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: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 5.89mg, Hesperetin: 5.89mg, Hesperetin: 5.89mg, Hesperetin: 5.89mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 135.5kcal (6.78%), Fat: 0.63g (0.97%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 31.49g (11.45%), Sugar: 26.85g (29.83%), Cholesterol: 0mg (0%), Sodium: 5.68mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin C: 52.8mg (64%), Vitamin A: 818.78IU (16.38%), Manganese: 0.27mg (13.31%), Folate: 45.22µg (11.3%), Potassium: 384.89mg (11%), Fiber: 2.47g (9.87%), Vitamin B6: 0.19mg (9.42%), Copper: 0.17mg (8.68%), Magnesium: 23.54mg (5.89%), Vitamin E: 0.76mg (5.04%), Iron: 0.89mg (4.93%), Vitamin B1: 0.07mg (4.84%), Vitamin B2: 0.08mg (4.82%), Phosphorus: 46.96mg (4.7%), Vitamin B3: 0.93mg (4.63%), Vitamin K: 4.13µg (3.94%), Calcium: 34.84mg (3.48%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.22mg (1.45%), Selenium: 0.96µg (1.37%)