



## Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



741 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 cup dice bell pepper red
- 0.5 cup brown sugar
- 1 teaspoon chile flakes
- 4 ounces cider vinegar
- 1.5 tablespoons curry powder
- 0.3 cup ginger fresh minced
- 0.5 cup golden raisins
- 4 servings kosher salt and ground pepper fresh white

- 0.5 cup macadamia nuts toasted roughly chopped
- 4 pounds mangos fresh ripe soft peeled
- 2.5 cups dice onion red
- 8 ounces pineapple juice unsweetened
- 3 tablespoons vegetable oil

## Equipment

- bowl
- frying pan

## Directions

- Watch how to make this recipe.
- Cut the mango flesh away from the pit. The pit is shaped similar to an obelisk, so you'll end up with 2 large pieces and 2 smaller pieces from each mango. Roughly chop the flesh.
- In a saute pan heat the oil and add the chile flakes. Be careful not to burn the chile, just toast to flavor the oil.
- Add the onions and sweat until soft.
- Add the ginger and bell pepper and saute for 1 to 2 minutes. Finally add the mango and cook for 1 more minute.
- In a separate bowl, combine the pineapple juice, vinegar, sugar, and curry powder.
- Add this mixture to the pan. Stir to combine. Bring the mixture to a bare simmer and reduce for about 30 minutes, stirring frequently. Season with salt and pepper.
- Add the raisins and the nuts and transfer to another container over an ice bath. I used a mild yellow curry powder, but if you want it hotter go for red.

## Nutrition Facts



## Properties

Glycemic Index:70.85, Glycemic Load:45.41, Inflammation Score:-10, Nutrition Score:34.306087493896%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Catechin: 7.8mg, Catechin: 7.8mg, Catechin: 7.8mg, Catechin: 7.8mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 20.82mg, Quercetin: 20.82mg, Quercetin: 20.82mg, Quercetin: 20.82mg

## **Nutrients (% of daily need)**

Calories: 741.04kcal (37.05%), Fat: 25.41g (39.09%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 133.51g (44.5%), Net Carbohydrates: 120.45g (43.8%), Sugar: 112.09g (124.54%), Cholesterol: 0mg (0%), Sodium: 227.23mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.65%), Vitamin C: 227.2mg (275.39%), Vitamin A: 6249.44IU (124.99%), Manganese: 1.7mg (84.87%), Folate: 248.31µg (62.08%), Fiber: 13.06g (52.24%), Vitamin B6: 0.99mg (49.33%), Vitamin E: 6.35mg (42.33%), Copper: 0.83mg (41.63%), Vitamin K: 43.62µg (41.54%), Potassium: 1383.87mg (39.54%), Vitamin B1: 0.44mg (29.07%), Magnesium: 107.69mg (26.92%), Vitamin B3: 4.46mg (22.3%), Vitamin B2: 0.32mg (18.69%), Iron: 3.26mg (18.1%), Phosphorus: 173.82mg (17.38%), Calcium: 145.01mg (14.5%), Vitamin B5: 1.37mg (13.72%), Zinc: 1.16mg (7.75%), Selenium: 4.93µg (7.05%)