



food  
network

## Mango Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



92 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup firmly brown sugar light packed
- ☐ 0.5 cup cider vinegar
- ☐ 1 inch ginger fresh peeled
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2.5 cups mangos diced
- ☐ 0.5 cup raisins

☐ 1 scotch bonnet pepper minced

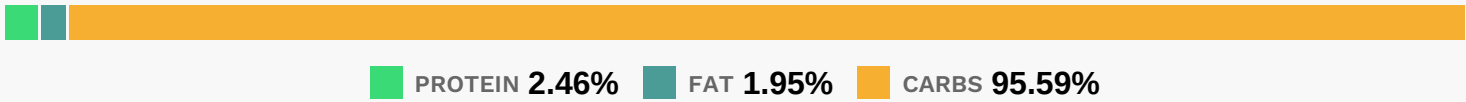
## Equipment

☐ sauce pan

## Directions

- ☐ Place all ingredients in a medium saucepan. Bring to a boil, reduce heat to low, and simmer until thick, about 25 minutes, stirring often to keep from sticking.
- ☐ Let cool, and store in an airtight container.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:6.05, Inflammation Score:-4, Nutrition Score:3.3078260577243%

## 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 92.18kcal (4.61%), Fat: 0.21g (0.32%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 21.94g (7.98%), Sugar: 16.44g (18.26%), Cholesterol: 0mg (0%), Sodium: 64.51mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin C: 16.97mg (20.57%), Vitamin A: 456.42IU (9.13%), Manganese: 0.1mg (5.18%), Fiber: 1.21g (4.85%), Potassium: 161.13mg (4.6%), Folate: 18.4µg (4.6%), Copper: 0.08mg (3.95%), Vitamin B6: 0.08mg (3.87%), Vitamin E: 0.38mg (2.54%), Magnesium: 8.67mg (2.17%), Iron: 0.39mg (2.14%), Vitamin B3: 0.39mg (1.95%), Vitamin K: 2.04µg (1.94%), Vitamin B2: 0.03mg (1.79%), Calcium: 17.81mg (1.78%), Vitamin B1: 0.02mg (1.42%), Phosphorus: 13.89mg (1.39%), Vitamin B5: 0.11mg (1.06%)