



Mango Chutney on Town House Toppers™

 Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



83 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 tablespoons brown sugar
- 96 town house original crackers
- 12 ounce whipped cream cheese
- 0.3 teaspoon pepper red crushed
- 1 clove garlic minced
- 1 teaspoon gingerroot grated
- 2 tablespoons juice of lemon
- 2 cups mangos peeled chopped

- 0.7 cup onion finely chopped
- 1 cup bell pepper green red finely chopped
- 0.5 cup water

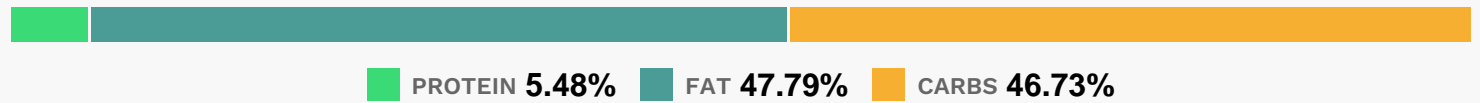
Equipment

- sauce pan

Directions

- In medium saucepan combine mango, bell pepper, onion, water, brown sugar, vinegar, gingerroot, crushed red pepper and garlic. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until most of the liquid evaporates, stirring frequently. Cool for 20 minutes. Cover and refrigerate until serving time.
- Spread cream cheese on KEEBLER TOWN HOUSE TOPPERS ORIGINAL crackers. Top with mango mixture.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:1.54, Inflammation Score:-2, Nutrition Score:2.5243478404439%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 83.33kcal (4.17%), Fat: 4.5g (6.93%), Saturated Fat: 1.98g (12.34%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.4g (3.42%), Sugar: 3.98g (4.43%), Cholesterol: 8.08mg (2.69%), Sodium: 81.33mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin C: 7.78mg (9.43%), Vitamin K: 5.51µg (5.25%), Vitamin A: 206.34IU (4.13%), Phosphorus: 37.69mg (3.77%), Manganese: 0.07mg (3.5%), Vitamin B1: 0.05mg (3.4%), Vitamin E: 0.5mg (3.33%), Folate: 12.35µg (3.09%), Calcium: 27.99mg (2.8%), Vitamin B3: 0.55mg (2.73%), Iron: 0.46mg (2.55%), Vitamin B2: 0.04mg (2.19%), Fiber: 0.52g (2.07%), Vitamin B6: 0.04mg (1.92%),

Potassium: 59.3mg (1.69%), Copper: 0.03mg (1.48%), Magnesium: 4.93mg (1.23%)