

Mango-Ginger Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



5

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp gingerroot fresh minced peeled
- 0.5 cup mango chutney
- 0.3 cup orange juice

Equipment

Directions

- Mix all ingredients; cover.

Refrigerate at least 1 hour or until ready to serve.

Nutrition Facts

PROTEIN 0.86% **FAT 0.45%** **CARBS 98.69%**

Properties

Glycemic Index:24.4, Glycemic Load:13.34, Inflammation Score:-1, Nutrition Score:1.2356521646776%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.26kcal (5.01%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 24.35g (8.85%), Sugar: 17.53g (19.48%), Cholesterol: 0mg (0%), Sodium: 11.03mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin C: 9.2mg (11.15%), Copper: 0.04mg (2%), Folate: 7.48µg (1.87%), Vitamin B2: 0.03mg (1.74%), Fiber: 0.4g (1.61%), Potassium: 51.81mg (1.48%), Vitamin B1: 0.02mg (1.11%), Iron: 0.19mg (1.07%)