



Mango-Jalapeño Jam



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



55 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 teaspoon jalapeno diced seeded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mangos diced peeled (1 large)
- ☐ 2 tablespoons pineapple juice
- ☐ 1 tablespoon onion red minced

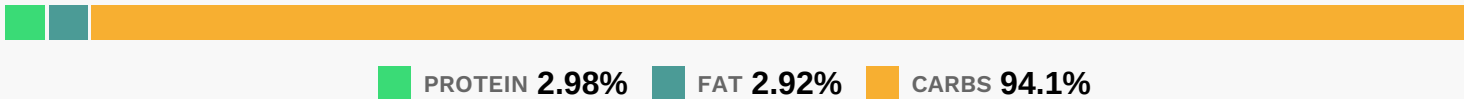
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a medium saucepan. Bring to a boil over medium-high heat; reduce heat, and simmer, uncovered, 8 minutes or until thickened, stirring occasionally.
- ☐ Remove from heat; stir in cilantro and jalapeo. Carefully pour mango mixture into a blender or food processor; process until smooth. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:3.36, Inflammation Score:-4, Nutrition Score:3.0908695977667%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 54.56kcal (2.73%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 13.1g (4.76%), Sugar: 12.57g (13.96%), Cholesterol: 0mg (0%), Sodium: 2.5mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 20.36mg (24.68%), Vitamin A: 467.42IU (9.35%), Folate: 21.52µg (5.38%), Manganese: 0.07mg (3.67%), Vitamin B6: 0.07mg (3.54%), Fiber: 0.78g (3.11%), Potassium: 102.03mg (2.92%), Vitamin E: 0.43mg (2.88%), Copper: 0.06mg (2.84%), Vitamin K: 2.31µg (2.2%), Magnesium: 6.48mg (1.62%), Vitamin B3: 0.32mg (1.62%), Vitamin B1: 0.02mg (1.29%), Vitamin B2: 0.02mg (1.18%), Calcium: 11.73mg (1.17%), Vitamin B5: 0.11mg (1.11%)