



Mango-Mint Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



20

CALORIES



32 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 teaspoon cumin
- 0.5 cup mint leaves fresh finely chopped
- 2 tablespoons juice of lime
- 2 large but mangoes firm ripe peeled cut into 1/2-inch dice (1 lb. each)
- 2 tablespoons olive oil
- 0.3 teaspoon pepper
- 1 bell pepper red seeded cut into 1/4-inch dice
- 1 small onion red cut into 1/4-inch dice

- 0.5 teaspoon salt
- 1 tablespoon sugar

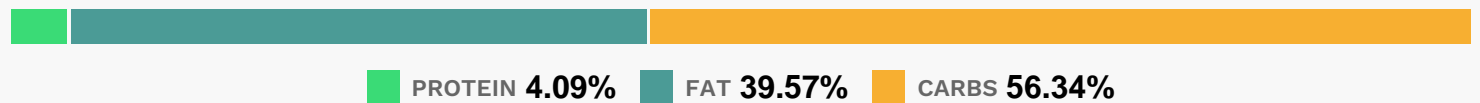
Equipment

- sauce pan

Directions

- Warm oil in a large saucepan over medium-high heat.
- Add bell pepper and onion and cook, stirring often, until softened, 3 to 5 minutes. Stir in mangoes, sugar, cumin, salt and pepper. Reduce heat to medium, partially cover and cook, stirring often, until mangoes have completely softened, 20 to 30 minutes.
- Remove from heat and stir in lime juice.
- Let cool. Cover and chill until ready to serve. Just before serving, stir in mint. Taste; adjust seasoning, if desired.

Nutrition Facts



Properties

Glycemic Index:10.89, Glycemic Load:2.05, Inflammation Score:-4, Nutrition Score:2.488695671377%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 32.45kcal (1.62%), Fat: 1.54g (2.37%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.27g (1.55%), Sugar: 3.95g (4.38%), Cholesterol: 0mg (0%), Sodium: 59.39mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin C: 16.37mg (19.85%), Vitamin A: 460.33IU (9.21%),

Folate: 14.13µg (3.53%), Vitamin E: 0.49mg (3.27%), Fiber: 0.66g (2.65%), Vitamin B6: 0.05mg (2.55%), Manganese: 0.05mg (2.35%), Vitamin K: 2.08µg (1.98%), Potassium: 65.68mg (1.88%), Copper: 0.03mg (1.58%), Magnesium: 4.76mg (1.19%), Vitamin B3: 0.23mg (1.15%), Iron: 0.21mg (1.15%), Vitamin B2: 0.02mg (1.07%)