



Mini Pappadams with Cilantro Chutney and Lime Pickle

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



617 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons brown sugar packed
- ☐ 1 cup cilantro leaves fresh
- ☐ 1 jalapeno seeded coarsely chopped
- ☐ 2 teaspoons juice of lime fresh
- ☐ 2 servings mangos finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups vegetable oil

- ☐ 2 tablespoons water
- ☐ 3 tablespoons yogurt plain (preferably whole-milk)
- ☐ 7 oz frangelico mini ()
- ☐ 7 oz frangelico mini ()

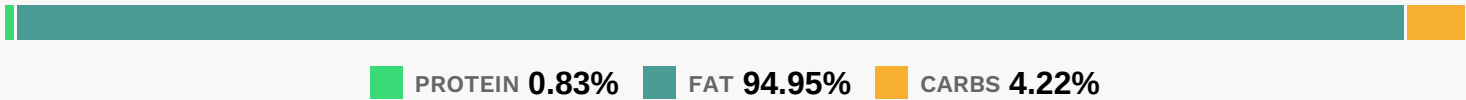
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Heat oil in a 2-quart heavy saucepan over moderate heat until it registers 350°F on deep-fat thermometer. Fry pappadams in 3 batches until puffed and pale golden, 30 seconds to 1 minute, then transfer with a slotted spoon to paper towels to drain. (Return oil to 350°F between batches.)
- ☐ Purée cilantro in a blender with jalapeño, water, brown sugar, lime juice, and salt.
- ☐ Transfer to a bowl and stir in yogurt.
- ☐ Serve pappadams with chutney and pickle for dipping.
- ☐ ·Pappadams may be fried 1 day ahead, cooled, and stored in an airtight container at room temperature.·Chutney may be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:67.38, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:8.9478260051945%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 617.36kcal (30.87%), Fat: 66.45g (102.23%), Saturated Fat: 10.61g (66.32%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 6.19g (2.25%), Sugar: 5.86g (6.51%), Cholesterol: 3.9mg (1.3%), Sodium: 601.04mg (26.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin K: 146.5µg (139.52%), Vitamin E: 5.84mg (38.92%), Vitamin C: 12.48mg (15.12%), Vitamin A: 658.32IU (13.17%), Calcium: 47.44mg (4.74%), Vitamin B2: 0.06mg (3.62%), Phosphorus: 35.16mg (3.52%), Potassium: 118.51mg (3.39%), Vitamin B6: 0.06mg (2.78%), Folate: 9.92µg (2.48%), Manganese: 0.05mg (2.38%), Vitamin B5: 0.2mg (1.98%), Magnesium: 7.76mg (1.94%), Vitamin B12: 0.11µg (1.85%), Fiber: 0.46g (1.82%), Zinc: 0.24mg (1.57%), Copper: 0.03mg (1.56%), Iron: 0.23mg (1.26%), Vitamin B1: 0.02mg (1.23%), Selenium: 0.82µg (1.17%), Vitamin B3: 0.22mg (1.1%)