



Mint Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



38 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cloves garlic peeled
- 0.5 cup cilantro leaves fresh chopped
- 1 teaspoon ground cumin toasted
- 0.3 cup juice of lime
- 1.5 cups firmly mint leaves fresh packed
- 6 oz onion peeled cut into 1-inch chunks
- 0.5 teaspoon salt
- 2 tablespoons serrano chiles fresh thinly sliced

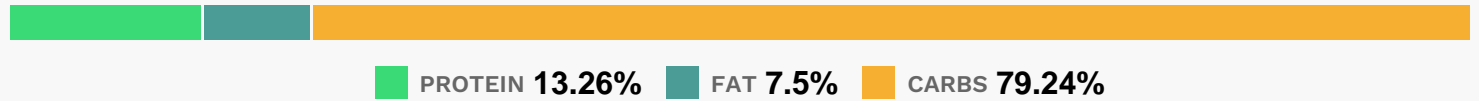
Equipment

- bowl
- frying pan
- blender

Directions

- In a blender, whirl chiles, onion, and garlic into a smooth paste, adding 2 to 3 tablespoons water as needed to ease blending.
- Add mint, cilantro, lime juice, cumin, and 1/2 teaspoon salt; whirl until smooth, adding 1 to 2 tablespoons water as needed to facilitate blending.
- Scrape into a bowl and add more salt to taste.
- Ground toasted cumin: In a 6- to 8-inch frying pan over medium heat, stir 2 tablespoons cumin seeds often until lightly toasted, 2 to 4 minutes. Whirl in a blender until finely ground. Makes about 2 tablespoons.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:5.9243477971657%

Flavonoids

Eriodictyol: 5.55mg, Eriodictyol: 5.55mg, Eriodictyol: 5.55mg, Eriodictyol: 5.55mg Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg, Apigenin: 0.91mg Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 38.42kcal (1.92%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 6.26g (2.28%), Sugar: 2.38g (2.64%), Cholesterol: 0mg (0%), Sodium: 300.55mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin C: 17.18mg (20.83%), Vitamin A: 935.92IU (18.72%),

Manganese: 0.31mg (15.42%), Fiber: 2.53g (10.12%), Folate: 31.84µg (7.96%), Iron: 1.41mg (7.81%), Vitamin K: 7.37µg (7.02%), Vitamin B6: 0.13mg (6.52%), Potassium: 220.78mg (6.31%), Calcium: 61.25mg (6.13%), Magnesium: 23.13mg (5.78%), Copper: 0.1mg (4.85%), Vitamin B2: 0.07mg (4.14%), Phosphorus: 34.33mg (3.43%), Vitamin B1: 0.05mg (3.14%), Vitamin B3: 0.52mg (2.61%), Zinc: 0.33mg (2.23%), Vitamin B5: 0.16mg (1.59%), Vitamin E: 0.16mg (1.07%)