



Mint-Cilantro Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



121 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 0.8 cup tomatoes chopped
- ☐ 0.8 cup mint leaves fresh chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup water
- ☐ 0.3 cup juice of lime (2 medium limes)
- ☐ 1 teaspoon salt
- ☐ 2 medium garlic clove

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1 pepper flakes fresh

Equipment

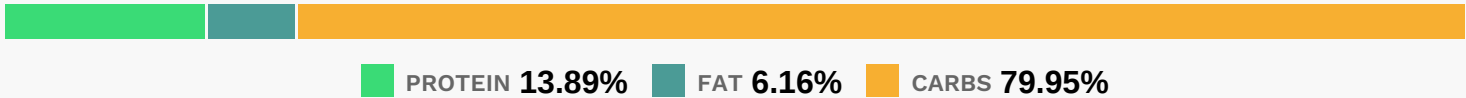
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blender

Directions

- ☐ Place all ingredients in blender. Cover and blend on medium speed until smooth.
- ☐ Tightly cover and store in refrigerator up to 10 days.

Nutrition Facts



Properties

Glycemic Index:172, Glycemic Load:4.88, Inflammation Score:-10, Nutrition Score:23.08304325394%

Flavonoids

Eriodictyol: 11.76mg, Eriodictyol: 11.76mg, Eriodictyol: 11.76mg, Eriodictyol: 11.76mg Hesperetin: 8.86mg, Hesperetin: 8.86mg, Hesperetin: 8.86mg, Hesperetin: 8.86mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg Luteolin: 4.29mg, Luteolin: 4.29mg, Luteolin: 4.29mg, Luteolin: 4.29mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 25.77mg, Quercetin: 25.77mg, Quercetin: 25.77mg, Quercetin: 25.77mg

Nutrients (% of daily need)

Calories: 121.49kcal (6.07%), Fat: 0.97g (1.5%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 21.58g (7.85%), Sugar: 9.94g (11.04%), Cholesterol: 0mg (0%), Sodium: 2361.33mg (102.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.89%), Vitamin C: 120.97mg (146.63%), Vitamin A: 3905.05IU (78.1%), Vitamin K: 65.51µg (62.39%), Manganese: 0.9mg (44.85%), Vitamin B6: 0.58mg (28.89%), Fiber: 6.89g (27.57%), Potassium: 897.27mg (25.64%), Folate: 96.94µg (24.23%), Copper: 0.35mg (17.39%), Iron: 3.11mg (17.26%), Magnesium: 68.79mg (17.2%), Calcium: 151.15mg (15.12%), Vitamin B2: 0.21mg (12.52%), Phosphorus: 119.34mg (11.93%), Vitamin B1: 0.18mg (11.74%), Vitamin B3: 2.2mg (10.99%), Vitamin E: 1.47mg (9.79%), Zinc: 1.03mg (6.85%), Vitamin B5: 0.6mg (6.04%), Selenium: 1.69µg (2.41%)