



Mint-Cilantro Chutney (Pudhina Thuviyal)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



107 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

☐ 0.3 cup water

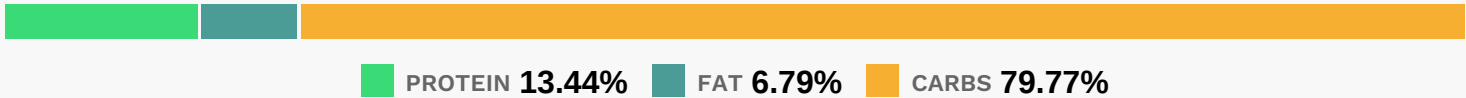
Equipment

☐ 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:159, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:19.856086679127%

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: 106.67kcal (5.33%), Fat: 0.95g (1.46%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 18.59g (6.76%), Sugar: 7.66g (8.51%), Cholesterol: 0mg (0%), Sodium: 2357.58mg (102.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.45%), Vitamin A: 3892.75IU (77.85%), Vitamin C: 57.07mg (69.17%), Vitamin K: 60.02µg (57.16%), Manganese: 0.83mg (41.64%), Fiber: 6.49g (25.96%), Potassium: 772.51mg (22.07%), Folate: 87.65µg (21.91%), Vitamin B6: 0.37mg (18.73%), Iron: 2.72mg (15.12%), Magnesium: 59.96mg (14.99%), Copper: 0.29mg (14.67%), Calcium: 146.33mg (14.63%), Vitamin B2: 0.18mg (10.79%), Phosphorus: 102.92mg (10.29%), Vitamin B1: 0.15mg (9.8%), Vitamin E: 1.46mg (9.7%), Vitamin B3: 1.72mg (8.62%), Zinc: 0.94mg (6.24%), Vitamin B5: 0.51mg (5.13%), Selenium: 1.55µg (2.22%)