



## Minted Mango Dipping Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon mint leaves fresh chopped
- 3 tablespoons juice of lime fresh
- 9 oz mango chutney ()

### Equipment

### Directions

Stir together 1 (9-oz.) jar mango chutney (about 3/4 cup), 3 Tbsp. fresh lime juice, and 1 Tbsp. chopped fresh mint.

## Nutrition Facts

**PROTEIN 0.72%** **FAT 0.32%** **CARBS 98.96%**

### Properties

Glycemic Index:11, Glycemic Load:19.03, Inflammation Score:-1, Nutrition Score:1.4282608863128%

### Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 144.81kcal (7.24%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 35.39g (12.87%), Sugar: 24.9g (27.67%), Cholesterol: 0mg (0%), Sodium: 16.82mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin C: 7.51mg (9.1%), Copper: 0.06mg (2.84%), Fiber: 0.68g (2.71%), Vitamin B2: 0.04mg (2.52%), Folate: 7.65µg (1.91%), Iron: 0.31mg (1.72%), Manganese: 0.03mg (1.69%), Potassium: 55.51mg (1.59%), Selenium: 1.03µg (1.47%), Calcium: 13.9mg (1.39%), Phosphorus: 11.69mg (1.17%)