



Pineapple Mango Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



34 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup cucumber diced peeled
- ☐ 1 teaspoon mint leaves fresh minced
- ☐ 3 tablespoons green onion minced
- ☐ 1 jalapeno minced seeded
- ☐ 2 juice of lime juiced
- ☐ 0.5 cup mangos diced
- ☐ 0.5 cup pineapple diced
- ☐ 0.3 cup bell pepper diced red

4 servings salt to taste

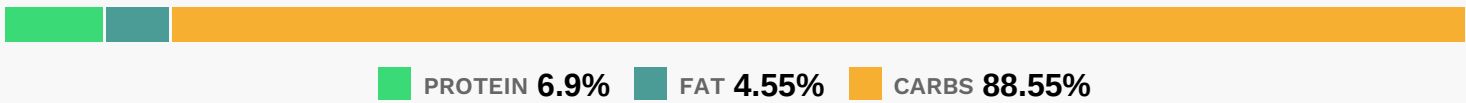
Equipment

bowl

Directions

Mix pineapple, mango, cucumber, red bell pepper, lime juice, green onion, jalapeno pepper, mint, and salt in a bowl. Chill in refrigerator for about 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:55.35, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:5.9991304265416%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 34.13kcal (1.71%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 7.46g (2.71%), Sugar: 6.11g (6.79%), Cholesterol: 0mg (0%), Sodium: 196.16mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 43.3mg (52.48%), Vitamin A: 727.02IU (14.54%), Vitamin K: 12.87µg (12.26%), Manganese: 0.24mg (12.22%), Folate: 25.97µg (6.49%), Vitamin B6: 0.12mg (5.77%), Fiber: 1.27g (5.09%), Potassium: 144.77mg (4.14%), Vitamin E: 0.57mg (3.83%), Copper: 0.07mg (3.46%), Vitamin B1: 0.04mg (2.77%), Magnesium: 10.67mg (2.67%), Vitamin B3: 0.46mg (2.29%), Vitamin B2: 0.04mg (2.21%), Vitamin B5: 0.2mg (1.97%), Phosphorus: 15.95mg (1.6%), Iron: 0.27mg (1.53%), Calcium: 14.09mg (1.41%)