



Refreshing Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



32 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 sprigs cilantro leaves fresh chopped to taste
- 1 mangos peeled seeded chopped
- 1 onion red chopped
- 1 medium tomatoes chopped

Equipment

- bowl

Directions

Mix red onion, mango, tomato, and cilantro together in a bowl.

Nutrition Facts

 **PROTEIN 7.71%**  **FAT 4.95%**  **CARBS 87.34%**

Properties

Glycemic Index:24.79, Glycemic Load:2.98, Inflammation Score:-5, Nutrition Score:3.3786956745645%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 31.89kcal (1.59%), Fat: 0.19g (0.3%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 6.58g (2.39%), Sugar: 6.05g (6.72%), Cholesterol: 0mg (0%), Sodium: 2.44mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.36%), Vitamin C: 16.92mg (20.51%), Vitamin A: 594.41IU (11.89%), Folate: 21.85µg (5.46%), Vitamin K: 5.44µg (5.18%), Fiber: 1.13g (4.52%), Vitamin B6: 0.08mg (4.03%), Potassium: 137.17mg (3.92%), Manganese: 0.07mg (3.6%), Vitamin E: 0.44mg (2.96%), Copper: 0.06mg (2.96%), Magnesium: 7.73mg (1.93%), Vitamin B3: 0.38mg (1.91%), Vitamin B1: 0.03mg (1.74%), Phosphorus: 15.42mg (1.54%), Vitamin B2: 0.02mg (1.36%), Vitamin B5: 0.11mg (1.13%), Calcium: 10.56mg (1.06%)