



Sauced: Sweet Mango Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



901 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup ginger fresh peeled finely chopped
- 1 teaspoon garam masala
- 1 clove garlic minced
- 0.5 cup golden raisins
- 1 teaspoon kosher salt
- 4 lbs mangos pitted peeled roughly chopped
- 0.5 teaspoon mustard seeds
- 1 medium onion chopped

- 0.5 teaspoon pepper red
- 1.5 cups sugar
- 1 tablespoon vegetable oil
- 0.8 cup vinegar white

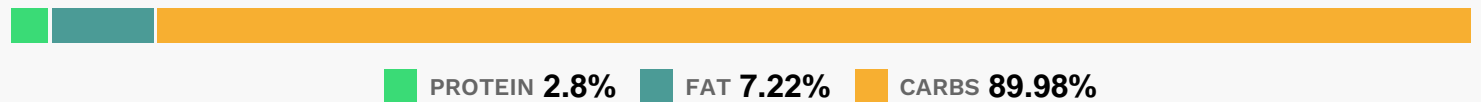
Equipment

- frying pan
- sauce pan

Directions

- Heat oil and chili flakes in a medium saucepan over medium. When oil starts to bubble around flakes add in onion and cook until softened, about 5 minutes, stirring often.
- Add in ginger and garlic and continue to cook until fragrant, about 1 minute.
- Add mangos, sugar, vinegar, raisins, garam masala, salt, and mustard seeds to pan. Bring to a boil, reduce heat and simmer until mangos are softens and sauce is thick and syrupy, about 45 to 60 minutes.
- Place in a large jar, allow to cool, cover and store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:100.17, Glycemic Load:123.14, Inflammation Score:-10, Nutrition Score:29.274347595547%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Catechin: 10.4mg, Catechin: 10.4mg, Catechin: 10.4mg, Catechin: 10.4mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 901.11kcal (45.06%), Fat: 7.68g (11.81%), Saturated Fat: 1.34g (8.34%), Carbohydrates: 215.34g (71.78%), Net Carbohydrates: 203.59g (74.03%), Sugar: 198.74g (220.83%), Cholesterol: 0mg (0%), Sodium: 795.05mg (34.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin C: 224.38mg (271.98%), Vitamin A: 6643.64IU (132.87%), Folate: 269.56µg (67.39%), Fiber: 11.75g (47%), Vitamin B6: 0.88mg (43.8%), Copper: 0.81mg (40.62%), Vitamin E: 6.02mg (40.16%), Potassium: 1300.7mg (37.16%), Vitamin K: 35.13µg (33.46%), Manganese: 0.6mg (29.84%), Vitamin B3: 4.49mg (22.47%), Magnesium: 79.3mg (19.82%), Vitamin B2: 0.31mg (18.42%), Phosphorus: 135.04mg (13.5%), Vitamin B1: 0.2mg (13.13%), Vitamin B5: 1.3mg (13%), Calcium: 98.59mg (9.86%), Iron: 1.72mg (9.57%), Selenium: 6.21µg (8.87%), Zinc: 0.79mg (5.24%)