



Sweet and Sour Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



42 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 tablespoon brown sugar
- 1 teaspoon cumin seeds
- 4 dates pitted chopped
- 1 tablespoon tamarind extract
- 0.3 cup water

Equipment

- food processor

Directions

- Blend the following in a food processor until smooth: tamarind extract, brown sugar, water, dates and cumin seeds.

Nutrition Facts

PROTEIN 3.21% **FAT 3.16%** **CARBS 93.63%**

Properties

Glycemic Index:30.5, Glycemic Load:3.83, Inflammation Score:-1, Nutrition Score:0.99304348035999%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 41.85kcal (2.09%), Fat: 0.16g (0.25%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 9.92g (3.61%), Sugar: 8.79g (9.77%), Cholesterol: 0mg (0%), Sodium: 3.59mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Fiber: 0.8g (3.2%), Iron: 0.53mg (2.93%), Potassium: 82.07mg (2.34%), Magnesium: 8.66mg (2.16%), Manganese: 0.04mg (1.85%), Vitamin B1: 0.02mg (1.51%), Calcium: 13.05mg (1.31%), Copper: 0.03mg (1.29%), Phosphorus: 11.13mg (1.11%)