



Tomato Chutney with Baked Pita Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



49 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon curry powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground turmeric
- ☐ 1 jalapeno seeded finely chopped

- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon mustard seeds
- ☐ 29 ounce no-salt-added tomatoes diced undrained canned
- ☐ 1 cup onion chopped (1 medium)
- ☐ 6 6-inch pitas ()
- ☐ 0.3 cup raisins
- ☐ 2 tablespoons sugar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Split pitas, and cut each half into 8 wedges. Arrange the wedges on a large baking sheet. Lightly coat the wedges with cooking spray, and sprinkle with salt.
- ☐ Bake at 400 for 7 minutes or until crisp.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add cumin seeds and mustard seeds to pan; saut 1 minute or until mustard seeds begin to pop.
- ☐ Add onion, ginger, garlic, and jalapeo to pan; saut 3 minutes or until onion is tender. Stir in curry and turmeric; cook 30 seconds. Stir in tomatoes. Cover, reduce heat, and simmer 15 minutes. Uncover and cook 5 minutes or until slightly thickened. Stir in cilantro, raisins, and sugar. Cool to room temperature.
- ☐ Serve with chips.

Nutrition Facts



 PROTEIN **7.66%**  FAT **16.57%**  CARBS **75.77%**

Properties

Glycemic Index:31.41, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:3.5634782521621%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 48.6kcal (2.43%), Fat: 0.99g (1.52%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 8.73g (3.17%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 205.97mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Vitamin C: 9.42mg (11.41%), Manganese: 0.13mg (6.46%), Iron: 1.09mg (6.03%), Vitamin B6: 0.12mg (5.97%), Potassium: 204.57mg (5.84%), Fiber: 1.41g (5.63%), Vitamin K: 5.02µg (4.78%), Vitamin E: 0.71mg (4.7%), Copper: 0.08mg (3.8%), Magnesium: 13.22mg (3.3%), Vitamin B1: 0.05mg (3.24%), Vitamin B2: 0.05mg (3.19%), Vitamin B3: 0.62mg (3.11%), Calcium: 30.91mg (3.09%), Vitamin A: 141.87IU (2.84%), Phosphorus: 25.91mg (2.59%), Folate: 9.81µg (2.45%), Zinc: 0.18mg (1.2%), Selenium: 0.82µg (1.18%), Vitamin B5: 0.11mg (1.15%)