

SPICY MANGO CHUTNEY

Yield: 2 cups

Ingredients	Amounts
Mango, peeled, seed removed, diced	2 cups
Dark brown sugar	½ cup
Cider vinegar	2 Tbsp.
Raisins	½ cup
Jalapeno, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Ginger, minced	1 Tbsp.
Salt	¼ tsp.
Black Pepper	¼ tsp.

Method

- Combine all the ingredients in a 2 qt. microwave dish. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave for at P10 for 6 minutes.
- Let cool, cover and keep refrigerated until needed.

Nutrition Facts			
Serving Size 1/4 cup			
Servings Per Container 8			
Amount Per Serving			
Calories	110	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	80mg		3%
Total Carbohydrate	28g		9%
Dietary Fiber	1g		4%
Sugars	20g		
Protein	1g		
Vitamin A	6%	•	Vitamin C 20%
Calcium	2%	•	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			