



## Mango Chutney

A great addition to roasted pork tenderloin!

<b><u>U.S.</u></b>		<b><u>Metric</u></b>
1 each	Mango, ripe, peeled and medium dice	1 each
1 Tbsp	Honey	21 g
1/4 cup	Red onion, small dice	40 g
1/4 cup	White vinegar	59 g
1/2 cup	Green or red bell pepper, seeds removed, small dice	80 g
1 Tbsp	Ginger, fresh, grated (or 1/2 tsp ground)	9 g
1/4 tsp	Turmeric, ground	0.4 g
1/8 tsp	Cloves, ground	
1/4 tsp	Black pepper, ground	0.6 g
1/4 tsp	Salt, kosher	1.5 g
1/2 cup	Orange juice	118 ml
1/4 tsp	Red pepper flakes	0.4 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Combine all ingredients in a deep heavy sauce pot.
3. Cook, uncovered, until it begins to simmer gently and continue to cook until thickened, about 10 minutes.
4. Place chutney in small bowl, cover and set aside.

*Chef Notes :* If the mango is not fully ripe, add water while cooking if necessary.

**\*\* Nutrition Facts on Reverse**

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## Nutrition Facts

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8 Servings

**Serving size**                      **2 Tbsp**

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**Amount per serving**

**Calories**                              **45**

Calories from Fat                      0

**Total Fat**                              0 g

    Saturated Fat                      0 g

    Trans Fat                            0 g

    Monounsaturated Fat              0 g

**Cholesterol**                          0 mg

**Sodium**                                60 mg

**Total Carbohydrate**                11 g

    Dietary Fiber                      1 g

    Total Sugars                        10

    Includes 0g Added Sugars

**Protein**                                1 g

Vitamin D                               0 %

Calcium                                 0 %

Iron                                      0 %

Potassium                              0 mg

Phosphorus                             0 mg

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