

Mango Chutney

Yield: 4 min
Total Time: 7 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-mango-chutney-recipe>

Ingredients:

- 1 red onion small, about ¼ cup
- 2 mangos about 1½ cups
- 1 red pepper about ½ cup
- 1/8 cup cilantro
- 2 tablespoons olive oil
- 1 pound boneless skinless chicken breasts
- mango chutney from above

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 75 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 2 grams
8. Sodium: 140 milligrams
9. Sugar: 28 grams

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