

Curried Mango Sauce

50 Burger Toppings
Food Network Magazine

1/4 cup mango chutney
1/4 cup mayonnaise
2 tablespoons sour cream
1/2 teaspoon curry powder
1/4 teaspoon Kosher salt
pinch smoked paprika
pinch black pepper

In a bowl, combine all of the ingredients.

Per Serving (excluding unknown items): 616 Calories; 53g Fat (73.8% calories from fat); 2g Protein; 41g Carbohydrate; 2g Dietary Fiber; 32mg Cholesterol; 814mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Fruit; 0 Non-Fat Milk; 5 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	616
% Calories from Fat:	73.8%
% Calories from Carbohydrates:	25.2%
% Calories from Protein:	1.0%
Total Fat (g):	53g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	14g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	32mg
Carbohydrate (g):	41g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	814mg
Potassium (mg):	140mg
Calcium (mg):	55mg
Iron (mg):	1mg
Zinc (mg):	trace

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	2 1/2
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Vitamin C (mg): 4mg
Vitamin A (i.u.): 947IU
Vitamin A (r.e.): 139 1/2RE

Nutrition Facts

Amount Per Serving

Calories	616	Calories from Fat: 454
-----------------	-----	------------------------

% Daily Values*

Total Fat	53g	82%
Saturated Fat	10g	52%
Cholesterol	32mg	11%
Sodium	814mg	34%
Total Carbohydrates	41g	14%
Dietary Fiber	2g	8%
Protein	2g	

Vitamin A	19%
Vitamin C	6%
Calcium	6%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.