

# Mamey Sapote



## Mamey Sapote, Tomato and Lemon Chutney

**Chef Grant Sato**

**Yield: 6 portions**

**Ingredients:**

2 tbsp oil  
1 cup small diced mamey sapote  
1 cup small diced tomato  
Zest of one lemon  
Juice of one lemon  
3 tbsp honey  
1 tsp ground cumin  
1 tsp ground coriander  
Pinch of mace  
Pinch of ground turmeric  
Pinch of ground cardamom

**Procedure:**

- 1) Heat a sauté pan on high and add oil.
- 2) When the oil lightly smokes, add the sapote and tomato and sauté for 30 seconds.
- 3) Add the honey, lemon juice and spices and stir to combine and continue stirring until almost all of the liquid in the pan evaporates.
- 4) Fold in the lemon zest and turn off the heat, cool the mixture to room temperature and serve as a condiment for Chicken Curry.

**Nutritional Values Per 100g of Edible Portion**

calories	114.5
moisture	55.3-73.1g
protein	0.188-1.97g
fat	0.09-0.25g
carbohydrate	1.41-29.7g
fiber	1.21-3.20g
ash	0.89-1.32g
calcium	28.2-121.0mg
phosphorus	22.9-33.1mg
iron	0.52-2.62mg
carotene	0.045-0.665mg
thiamine	0.002-0.025mg
riboflavin	0.006-0.046mg
niacin	1.574-2.580mg
ascorbic acid	8.8-40.0mg

**Amino Acids:**

tryptophan	19mg
methionine	12mg
lysine	90mg

