

Easy Indian Tomato Chutney

Yield: 4 min
Total Time: 21 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-chutney-recipe-indian-vahchef>

Ingredients:

- 8 tomatoes
- 2 tablespoons vegetable oil
- 2 green chili 's seeds removed, finely chopped
- 1 teaspoon cumin
- 1 teaspoon mustard powder
- 1/2 teaspoon turmeric
- 1 teaspoon chili powder mild
- 2 garlic cloves finely chopped or grated
- 1/4 teaspoon salt
- 1/2 teaspoon granulated sugar
- 1 bay leaf
- fresh cilantro chopped

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 14 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 170 milligrams
8. Sugar: 9 grams

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