

Apricot Chutney

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound apricots
- 1 tablespoon oil I used canola oil
- 2/3 cup onions diced
- 1 tablespoon ginger grated
- 1 teaspoon Kashmiri red chili powder or paprika, mild
- 1 teaspoon Garam Masala
- 1/4 teaspoon salt
- 2 tablespoons apple cider vinegar
- 1/4 cup brown sugar
- 1 inch cinnamon Dalchini
- 2 cloves Laung
- 1/2 teaspoon cumin seeds Jeera
- 1/2 teaspoon fennel seeds Saunf
- 1/4 teaspoon mustard seeds

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 25 grams
3. Fat: 4 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 160 milligrams
7. Sugar: 20 grams

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