

Indian Mango Chutney

Yield: 5 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-garlic-sauce-recipe>

Ingredients:

- 1 tablespoon cooking oil
- 2 teaspoons fresh ginger finely minced
- 2 cloves garlic finely minced
- 1 red chili sliced
- 2 teaspoons nigella seeds whole
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 5 mangoes about 250-300 grams each, peeled and diced
- 2 cups white granulated sugar
- 1 cup white vinegar

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 117 grams
3. Fat: 3 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. Sodium: 125 milligrams
7. Sugar: 112 grams

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