

# Bengali Style Tomato Chutney

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1 teaspoon panch phoran Indian five spice blend Mix fenugreek seed, nigella seed, cumin seed, black mustard seeds and fennel seeds in...
- 4 tomatoes medium sized, roughly chopped
- 2 whole dry red chilies
- 2 dates pitted and chopped
- 3/4 tablespoon sugar adjust the quantity as per your taste
- 1/4 teaspoon salt adjust the quantity as per your taste
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon red chili powder broken into 2-3 pieces each
- 1 tablespoon mustard oil

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 11 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sodium: 160 milligrams
6. Sugar: 8 grams

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