

# Pineapple Rasam-charu-Indian Soup

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-indian-soup-recipe>

## Ingredients:

- 1/2 cup dhal Cooked and mashed Toor
- 1 tablespoon rasam powder
- 1 teaspoon turmeric powder
- 1 cup pineapple Chopped
- 1 tomato
- 2 cloves garlic
- 1 stalk coriander leaves
- 1 stalk curry leaves
- 3 cups water
- salt to taste
- 1 teaspoon mustard
- 1 teaspoon cumin seeds
- 1 teaspoon asafoetida
- 1 teaspoon cooking oil

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 24 grams
3. Fat: 2 grams
4. Fiber: 8 grams
5. Protein: 8 grams
6. Sodium: 240 milligrams
7. Sugar: 6 grams

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