

Choko Pickles or Choko Chutney?

Yield: 8 min
Total Time: 95 min

Recipe from: <https://www.recipeschoose.com/recipes/choko-chinese-recipe>

Ingredients:

- 2 3/8 pounds choko peeled, cored and diced
- 6 ounces onion
- 2 1/2 tablespoons fresh ginger
- 1 1/4 cups green apple peeled, cored and diced
- 1 7/8 cups sugar
- 1 9/16 cups vinegar
- 1 tablespoon turmeric
- 1 tablespoon mustard powder
- 1 tablespoon curry powder
- 1 tablespoon yellow mustard seeds
- 1/4 teaspoon ground cloves
- 1/3 cup plain flour
- 1/4 cup vinegar
- 1/8 cup water

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 64 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 5 milligrams
7. Sugar: 52 grams

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