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Grape Chutney

Yield: 4 min Total Time: 30 min

Recipe from: https://www.recipeschoose.com/recipes/grape-chutney-indian-recipe

Ingredients:

- 3 1/4 cups grapes sliced in half, lengthwise
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon chilli powder
- 1 teaspoon coriander powder
- 1 tablespoon mango powder
- 1/3 teaspoon seeds rayee, or mustard seeds
- 1/4 teaspoon fenugreek seeds
- 1/2 tablespoon cumin seeds roasted and ground
- 1/4 teaspoon seeds onion
- 1 tablespoon oil any cooking oil will do

Nutrition:

Calories: 120 calories
Carbohydrate: 21 grams

3. Fat: 4.5 grams4. Fiber: 3 grams5. Protein: 2 grams

6. Sodium: 600 milligrams

7. Sugar: 15 grams

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