

Green Tomato Chutney

Yield: 2 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-green-tomato-chutney-recipe>

Ingredients:

- 6 cups green tomatoes chopped
- 1 1/4 cups chopped onion
- 1 cup white vinegar
- 1 1/2 cups brown sugar
- 2 teaspoons ground ginger
- 1/2 teaspoon cloves use a teaball or spice bag to keep them from overpowering your chutney
- 2 cinnamon sticks
- 3 star anise pieces
- 1/4 teaspoon red chili flakes use more for a spicier chutney
- 1 teaspoon sea salt if using regular table salt, use 1/2 teaspoon

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 146 grams
3. Fat: 0.5 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. Sodium: 1290 milligrams
7. Sugar: 131 grams

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