

Fruit Chaat (Fruit Salad with Chaat Masala)

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chaat-masala-recipe-in-urdu>

Ingredients:

- 1 apple chopped
- 1 pear chopped
- 1 Orange chopped
- 1 mango chopped
- 5 strawberry cut into 4
- 1/2 cup grapes halved
- 1/4 cup pomegranate seeds optional
- 1/4 teaspoon black salt Kala namak
- 1/4 teaspoon cumin powder Roasted
- 1/2 teaspoon chaat masala add more to taste
- 1/4 teaspoon black pepper freshly crushed
- 2 teaspoons lemon juice
- 8 mint leaves Pudhina chopped

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 35 grams
3. Fiber: 7 grams
4. Protein: 2 grams
5. Sodium: 150 milligrams
6. Sugar: 21 grams

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