

Indian Chutney

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/quick-indian-chutney-recipe>

Ingredients:

- 1 teaspoon fenugreek seed
- 1 teaspoon cumin seed
- 1/4 cup cooking oil
- 1 teaspoon mustard seed
- 1/4 teaspoon asafoetida ground
- 1 tablespoon curry leaves dried
- 3 cups yellow bell pepper
- 1 tablespoon salt
- 1 tablespoon sugar
- 1 tablespoon chili powder Indian and Korean stores have great chili powder varieties

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 11 grams
3. Fat: 14 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 1780 milligrams
8. Sugar: 3 grams

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