

Healthy Apple Chutney

Yield: 1 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-date-sauce-recipe>

Ingredients:

- 4 medium apples
- 4 tablespoons vegetable oil
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 2 teaspoons fresh ginger root grated
- 1/2 teaspoon asafoetida
- 1 teaspoon cardamom powder
- 1/2 teaspoon canela
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne optional
- 6 dates see notes
- 1/4 cup water
- 1 teaspoon salt to taste
- 1/2 cup apple cider vinegar or kombucha, see notes

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 147 grams
3. Fat: 57 grams
4. Fiber: 23 grams
5. Protein: 4 grams
6. SaturatedFat: 4 grams
7. Sodium: 2390 milligrams
8. Sugar: 101 grams
9. TransFat: 1.5 grams

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