

Green Chutney

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 bunch fresh cilantro
- 1 clove garlic
- 1 tablespoon fresh ginger root minced
- 1 chile peppers minced hot green
- 1 tablespoon peanuts
- salt to taste
- 2 tablespoons lemon juice

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. Sodium: 280 milligrams
8. Sugar: 1 grams

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