

Ketchup Chutney

Yield: 3 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-pudding-molasses-recipe>

Ingredients:

- 3 tablespoons canola oil
- 1 teaspoon mustard seeds
- 1/2 teaspoon cumin seeds
- 1 red onion medium, finely diced
- 3 cloves garlic thinly sliced
- 1 inch ginger thumb, minced
- 1/2 teaspoon turmeric
- 1/2 teaspoon garam masala
- 1/2 teaspoon paprika
- 1/4 cup apple cider vinegar
- 14 1/2 ounces diced tomatoes
- 2 tablespoons molasses
- 1/2 teaspoon kosher salt
- ground black pepper Freshly

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 22 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 420 milligrams
8. Sugar: 13 grams

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