

Pudina Chutney (Indian Mint Chutney)

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 teaspoon cumin seeds
- 1 1/2 cups mint leaves
- 1 cup cilantro leaves or flat leaf parsley
- 3 garlic cloves
- 2 tablespoons ginger paste See Note 1
- 2 serrano chiles See Note 2
- 1/2 teaspoon kosher salt
- 1/2 cup plain yogurt
- 1/2 lemon 2 tbsp juice

Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Fiber: 2 grams
6. Protein: 2 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 390 milligrams
9. Sugar: 3 grams

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