

# Mango Soup

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-mango-instant-pot-soup-recipe>

## Ingredients:

- 1/2 cup plain yogurt
- 2 cups water divided
- 2 tablespoons chickpea flour
- 2 tablespoons olive oil
- 1/2 teaspoon mustard seeds
- 1/2 teaspoon fenugreek seeds
- 1/2 teaspoon cumin seeds
- 3 cups mango canned, purée, pulp
- 2 red chilies
- 1 teaspoon sugar
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder or paprika
- salt
- pepper

## Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 230 milligrams
9. Sugar: 22 grams

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