

Capsicum Chutney

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 2 capsicum
- 2 green chilli
- 6 cloves
- 4 tablespoons sesame seeds
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- tamarind Small marble size
- 1/2 teaspoon turmeric powder
- salt to taste
- 1 tablespoon oil

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 7 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 200 milligrams
8. Sugar: 2 grams

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