

Date Tamarind Chutney

Yield: 6 min
Total Time: 25 min

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

Ingredients:

- 1/4 cup tamarind seedless, Imli
- 1/2 cup dates seedless
- 1/2 cup jaggery
- 1/2 teaspoon chilli powder
- 1/2 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/4 teaspoon Garam Masala
- 3 cups hot water
- salt
- 1 green chilli finely chopped
- 1/4 teaspoon cumin seeds
- 1/2 teaspoon garlic paste Ginger-
- 1/4 teaspoon sesame seeds
- 1 1/2 teaspoons cooking oil

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 28 grams
3. Fat: 1.5 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 140 milligrams
7. Sugar: 25 grams

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