

Loquat-Onion Chutney

Yield: 1 min
Total Time: 15 min

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

Ingredients:

- 1 tablespoon oil
- 1/2 teaspoon cumin
- 1 teaspoon mustard seeds
- 1 teaspoon curry powder
- 10 loquat peeled, pitted, and roughly chopped
- 1/2 onion large, chopped
- 2 cloves garlic minced
- 1 teaspoon fresh ginger grated
- 1 chili small red, thinly sliced, add more or less depending on preference
- 1/2 cup apple cider vinegar
- 2 tablespoons sugar
- salt

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 10 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 960 milligrams
9. Sugar: 28 grams

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