

# Coconut Chutney

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 1/2 coconut large, finely grated
- 1/2 cup plain yogurt
- 1 tablespoon vegetable oil
- 2 red chilis small, finely chopped
- 1/2 teaspoon black mustard seeds

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 5 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 2 grams
7. SaturatedFat: 16 grams
8. Sodium: 25 milligrams
9. Sugar: 5 grams

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