

Kiwi & Green Apple Chutney

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 4 kiwis scooped and chopped
- 1 green apple grated
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 green chilli chopped
- 1 teaspoon paprika
- 1 teaspoon cumin powder
- 1 teaspoon Garam Masala
- 1 teaspoon mustard seeds
- 1 teaspoon olive oil

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 22 grams
3. Fat: 2.5 grams
4. Fiber: 4 grams
5. Protein: 1 grams
6. Sodium: 590 milligrams
7. Sugar: 15 grams

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