

# Mango-Apple Kashmiri Achar/ Apple-Aamer Kashmiri Achar

Yield: 10 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-mango-achar-recipe>

## Ingredients:

- mango /Green Mango/Kacha Aam - 1 kg firm
- 1/2 kilogram red apple
- 1 1/2 kilograms sugar
- 1/2 cup golden raisins
- 1/4 cup red chili
- 1/2 cup ginger
- 2 bay leaf
- 1 1/2 cups white vinegar

## Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 166 grams
3. Fiber: 2 grams
4. Sugar: 161 grams

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