

Pudina Chutney / Mint Chutney South Indian Style

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 tablespoon peanut oil
- 1/2 teaspoon mustard
- 10 curry leaves
- 2 tablespoons urad dal
- 2 tablespoons toor dal
- 5 red chillies
- 2 cups mint leaves washed
- 3 tablespoons grated coconut
- 1 tamarind rupee coin size
- 1 tablespoon jaggery
- 1/2 teaspoon salt
- water to grind

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Fat: 6 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 310 milligrams
8. Sugar: 2 grams

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