

Aam Ka Achar / North Indian Mango Pickle in Mustard Oil

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-mango-pickle-recipe>

Ingredients:

- 1 kilogram mango small variety raw, washed and wiped dry
- 4 tablespoons mustard seeds
- 1 tablespoon fenugreek seeds
- 1 tablespoon ajwain / carom seeds
- 1 tablespoon jeera / cumin seeds
- 1 tablespoon fennel seeds / saunf
- 3/4 tablespoon kalonji / kala jeera
- 3 tablespoons red chilly powder
- 1 1/2 teaspoons turmeric powder
- salt as required
- 2 cups mustard oil

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 52 grams
3. Fat: 4 grams
4. Fiber: 10 grams
5. Protein: 6 grams
6. Sodium: 260 milligrams
7. Sugar: 39 grams

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