

Overripe Banana Chutney

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/overripe-bananas-recipe-indian>

Ingredients:

- 1 teaspoon olive oil
- 1 shallot thinly slice
- 1 jalapeno seeded, minced
- 2 bananas ripe or overripe, peeled*, halved lengthwise, and cut into 1/4-inch pieces
- 1/2 cup brown sugar
- 1/2 cup orange juice
- 1/4 cup apple cider vinegar
- 1/2 teaspoon cumin
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- freshly ground black pepper to taste
- 1 lime juiced*

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 43 grams
3. Fat: 1.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 310 milligrams
7. Sugar: 28 grams

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