

Mango-Pineapple Chutney

Yield: 24 min
Total Time: 225 min

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

Ingredients:

- 2 tablespoons vegetable oil
- 1 teaspoon crushed red pepper flakes
- 1 sweet onion large, minced
- 4 inches fresh ginger root piece, peeled and minced
- 1 yellow bell pepper large, diced
- 3 mangoes large ripe, peeled, pitted, and diced
- 1 pineapple small, peeled and diced
- 1/2 cup brown sugar
- 1 1/2 tablespoons curry powder
- 1/2 cup apple cider vinegar

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 14 grams
3. Fat: 1 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sugar: 11 grams

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