

Red Bell Pepper Tomato Chutney | Red Capsicum Chutney

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 red bell pepper roughly chopped
- 2 tomatoes large, roughly chopped
- 1 tablespoon oil
- 1 teaspoon chana dal
- 1 teaspoon urad dal
- 1 tablespoon white sesame seeds
- 1 teaspoon cumin seeds
- 2 dry red chilies kashmiri, non-spicy
- 1 green chili
- salt as required
- 2 tablespoons water
- 1 tablespoon oil
- 1/2 teaspoon black mustard seeds
- 1 pinch asafoetida /hing
- 1 red chili kashmiri dry
- 1 teaspoon white sesame seeds
- 8 curry leaves

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 7 grams
3. Fat: 9 grams
4. Fiber: 2 grams
5. Protein: 2 grams

6. SaturatedFat: 1 grams
 7. Sodium: 200 milligrams
 8. Sugar: 4 grams
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