

Apple Chutney

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/black-pepper-sauce-indian-recipe>

Ingredients:

- 4 apple medium-sized
- 1 tablespoon vinegar
- 1 teaspoon vegetable oil
- 2 tablespoons golden raisins
- 1 tablespoon grated ginger
- 1/2 teaspoon mustard seeds
- 1 teaspoon chili flakes
- 3 tablespoons brown sugar adjust as per taste
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon black pepper powder adjust as per taste
- 1/4 teaspoon Garam Masala
- salt as per taste

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 36 grams
3. Fat: 1.5 grams
4. Fiber: 4 grams
5. Sodium: 200 milligrams
6. Sugar: 27 grams

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