

# Hot Tomatillo Chutney

Yield: 5 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-chilli-chutney-recipe>

## Ingredients:

- 2 1/4 pounds tomatillos or green tomatoes
- 3 5/8 cups apples peeled, cored and chopped
- 2 onions peeled and chopped
- 2 chillies deseeded and finely chopped
- 3/4 cup raisins
- 5/8 cup cane sugar natural
- 1 cup apple cider vinegar
- 1 tablespoon mustard seeds
- 1 cinnamon stick broken in half
- 1 teaspoon salt

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 67 grams
3. Fat: 2.5 grams
4. Fiber: 8 grams
5. Protein: 3 grams
6. Sodium: 480 milligrams
7. Sugar: 53 grams

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