

# Kacha Aamer Ghonto Achar

Yield: 6 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-green-mango-achar-recipe>

## Ingredients:

- green mango /Kacha Aam - 1 kg peeled and chopped
- 1 cup mustard oil
- 10 pieces green chili
- 1 tablespoon ginger
- 2 tablespoons garlic
- 1 1/2 teaspoons mustard
- 2 tablespoons mustard powder
- 1 teaspoon red chili powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- sugar to taste
- black salt Bit lobon/, to taste
- salt to taste
- 2 bay leaf
- 1 cup white vinegar

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 12 grams
3. Fat: 1 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. Sodium: 280 milligrams
7. Sugar: 9 grams

---

Thank you for visiting our website. Hope you enjoy Kacha Aamer Ghonto Achar above. You can see more 16 south african green mango achar recipe Deliciousness awaits you! to get more great cooking ideas.