

South Indian Coconut Chutney (For Idli's & Dosa's)

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 cup coconut grated fresh
- 1 tablespoon channa dal dahlia/bhunna channa/ roasted
- 5 almonds
- 2 green chillies
- 1 piece ginger
- 1/2 teaspoon mustard seeds
- 1 teaspoon urad dal halved white
- 1 teaspoon oil for seasoning
- 4 curry leaves finely chopped
- 2 red chillies
- salt to taste

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Fat: 8 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 5 grams
7. Sodium: 180 milligrams
8. Sugar: 2 grams

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