

# Mango Curry/Ambe Upkari South Indian Style

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-mango-pie-recipe>

## Ingredients:

- 6 mangoes small ripe
- 1/2 cup jaggery powdered
- 2 green chillies
- 1 teaspoon ghee or coconut oil
- 2 red chillies
- 1/2 teaspoon urad dal
- 1/2 teaspoon mustard seeds
- asafetida Pinch of hing/

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 70 grams
3. Fat: 1 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. Sodium: 10 milligrams
7. Sugar: 62 grams

---

Thank you for visiting our website. Hope you enjoy Mango Curry/Ambe Upkari South Indian Style above. You can see more 15 south indian mango pie recipe Get ready to indulge! to get more great cooking ideas.