

# Pudina Thogayal / South Indian Mint Chutney

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 2 tablespoons urad dal
- 1 tablespoon chana dal
- 1 cup mint leaves or Pudina Leaves, 1 cup is 200 ml
- 1/3 cup grated coconut Fresh, 1/3 cup is 80 ml
- red chillies 8-10 nos. Whole, I have used Guntur Chillies
- tamarind 1 no. Marble Sized
- 1 tablespoon jaggery Adjust quantity according to Tamarind
- 1 tablespoon coconut oil You can use Sesame Oil or neutral oil too
- 1/4 teaspoon asafoetida or Hing, Skip this ingredient for gluten free recipe
- salt to taste
- water as required to grind the thogayal Check notes

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Fat: 8 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 7 grams
7. Sodium: 210 milligrams
8. Sugar: 3 grams

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