

# Kacha Aamer Chutney/Green Mango Chutney

Yield: 4 min  
Total Time: 10 min

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

## Ingredients:

- green mango /Kacha Aam - 1 kg
- 1/3 cup mustard oil
- ajwain /Kalojira - 1 teaspoon
- 6 pieces red chili
- 1 teaspoon mustard seeds
- 1/2 teaspoon cumin
- 1 tablespoon ginger
- 2 tablespoons garlic
- 1 teaspoon red chili
- 1/2 teaspoon coriander powder
- 5 spices powder - 1 tablespoon
- 1 teaspoon cumin powder
- raisins kishmish - 1/4 cup
- black salt Bit lobon/, as needed
- 4 tablespoons lemon juice

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 20 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. Sodium: 200 milligrams
7. Sugar: 14 grams

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