



Coconut Chutney (Thénga Chutney)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



67 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 medium coconut or
- 0.8 cup water
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon tamarind paste dried chopped
- 0.5 teaspoon salt
- 2 ground pepper fresh
- 1 tablespoon vegetable oil
- 0.5 teaspoon mustard seeds black yellow

- 1 tablespoon peas dried split black yellow hulled (urad dal) (chana dal)

Equipment

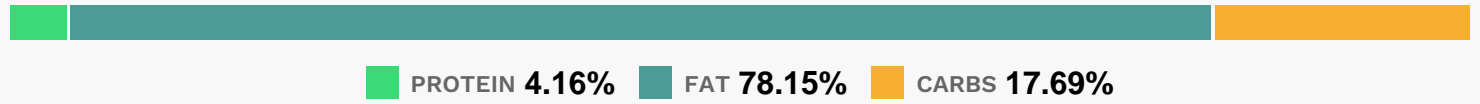
- food processor
- bowl
- frying pan
- knife
- blender
- skewers
- peeler
- meat tenderizer
- grater

Directions

- To make shredded fresh coconut, rinse coconut thoroughly to remove any dust or dirt from shell; pat dry. Pierce eyes with ice pick or sturdy skewer.
- Drain liquid into container. (The liquid is delicious to drink and can be stored in the refrigerator in a covered container for up to 24 hours.)
- Tap coconut firmly all over with hammer or heavy meat mallet. It usually splits open lengthwise. Work blade of blunt or round-ended knife between white meat and hard shell. Push knife into shell away from you and, with a twist of the wrist, the meat should pop out. Peel thin, dark brown skin from white coconut meat, using paring knife or vegetable peeler. Shred the coconut meat in a food processor or on large holes of four-sided grater. One medium coconut yields 2 to 3 cups shredded coconut; use 1 cup for this recipe.
- To make chutney, in blender, place 1 cup coconut, the water, cilantro, tamarind pulp, salt and chiles. Cover and blend on medium speed until smooth.
- Transfer to small bowl; set aside. (Chutney will thicken as it stands; if it becomes too thick, stir in additional water until it reaches desired consistency.)
- In 6-inch skillet, heat oil and mustard seed over medium-high heat. Once seed begins to pop, cover skillet and wait until popping stops.
- Add lentils; stir-fry about 30 seconds or until lentils are golden brown.

Pour hot oil mixture over chutney; mix well. Cover tightly; store in refrigerator up to 1 week.

Nutrition Facts



Properties

Glycemic Index:5.79, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.9508695576502%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 66.95kcal (3.35%), Fat: 6.15g (9.47%), Saturated Fat: 5.01g (31.28%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 1.44g (0.52%), Sugar: 1.21g (1.34%), Cholesterol: 0mg (0%), Sodium: 52.34mg (2.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Manganese: 0.26mg (13%), Fiber: 1.69g (6.77%), Copper: 0.08mg (3.98%), Selenium: 1.82µg (2.6%), Iron: 0.45mg (2.5%), Phosphorus: 22.05mg (2.2%), Potassium: 69mg (1.97%), Magnesium: 6.71mg (1.68%), Folate: 6.23µg (1.56%), Zinc: 0.21mg (1.38%), Vitamin K: 1.29µg (1.23%), Vitamin B1: 0.02mg (1.16%)