

Coconut Chutney (Thénga Chutney)



Ingredients

0.8 cup water

2 pepper flakes fresh
1 medium coconut or
1 tablespoon cilantro leaves fresh chopped
1 tablespoon peas dried split black yellow hulled (urad dal) (chana dal)
0.5 teaspoon salt
1 teaspoon tamarind paste dried chopped
1 tablespoon vegetable oil
_

	0.5 teaspoon mustard seeds black yellow	
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

PROTEIN 4.41% FAT 76.67% CARBS 18.92%

Properties

Glycemic Index:6.33, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.3886956650278%

Flavonoids

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

Nutrients (% of daily need)

Calories: 68.19kcal (3.41%), Fat: 6.16g (9.47%), Saturated Fat: 5g (31.27%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 1.69g (0.62%), Sugar: 1.4g (1.55%), Cholesterol: Omg (0%), Sodium: 52.65mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Manganese: 0.27mg (13.27%), Vitamin C: 5.96mg (7.23%), Fiber: 1.73g (6.9%), Copper: 0.08mg (4.2%), Iron: 0.48mg (2.68%), Selenium: 1.83µg (2.62%), Phosphorus: 23.41mg (2.34%), Potassium: 79.4mg (2.27%), Magnesium: 7.44mg (1.86%), Folate: 7µg (1.75%), Vitamin K: 1.75µg (1.67%), Vitamin B6: 0.03mg (1.47%), Zinc: 0.22mg (1.44%), Vitamin B1: 0.02mg (1.32%)