



Coconut Chutney (Thénga Chutney)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



24

CALORIES



68 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 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
- ☐ 0.8 cup water

- ☐ 0.5 teaspoon mustard seeds black yellow

Equipment

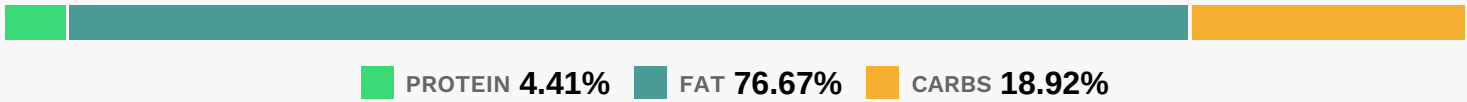
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ skewers
- ☐ peeler
- ☐ meat tenderizer
- ☐ grater

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



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: 0mg (0%), Sodium: 52.65mg (2.29%), Alcohol: 0g (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%)