



Fiery Tomato Chutney



Vegetarian



Vegan



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



21 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon mustard seeds black
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 teaspoon curry powder
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground turmeric
- ☐ 0.8 teaspoon kosher salt
- ☐ 4 small chiles dried red

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons tomato paste
- ☐ 4 cups tomatoes cored chopped

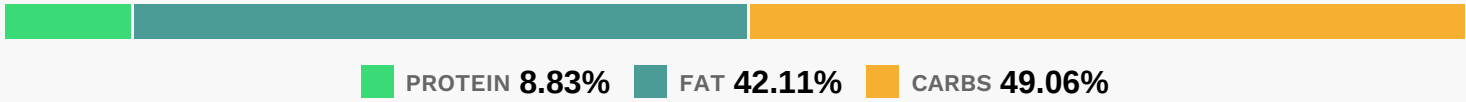
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium-high heat.
- ☐ Add mustard seeds, cumin seeds, and chiles to pan; cook 1 minute. Stir in turmeric; cook 30 seconds.
- ☐ Add tomatoes and remaining ingredients; bring to a boil. Reduce heat, and simmer until reduced to 2 cups (about 50 minutes). Spoon into a bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:12.51, Glycemic Load:1.04, Inflammation Score:-5, Nutrition Score:1.9952174062314%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 21.06kcal (1.05%), Fat: 1.07g (1.65%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.19g (0.8%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 127.06mg (5.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin A: 382.36IU (7.65%), Vitamin C: 5.63mg (6.82%), Vitamin K: 3.99µg (3.8%), Potassium: 116.14mg (3.32%), Vitamin E: 0.47mg (3.14%), Manganese: 0.06mg (3.13%), Fiber: 0.62g (2.49%), Vitamin B6: 0.04mg (1.89%), Iron: 0.29mg (1.63%), Copper: 0.03mg (1.62%), Magnesium: 6.36mg (1.59%), Folate: 6.28µg (1.57%), Vitamin B3: 0.31mg (1.56%), Phosphorus: 13.21mg (1.32%), Vitamin B1:

0.02mg (1.17%)