



Ginger-Tamarind Chutney (Inji Puli)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



131 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pinch ground asafetida
- ☐ 0.3 teaspoon brown mustard seeds
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 3 tablespoons coconut oil divided
- ☐ 10 curry leaves fresh
- ☐ 2.5 ounces ginger minced peeled
- ☐ 2 tablespoons chile fresh green such as serrano, thai, or jalapeño, including seeds minced
- ☐ 0.1 teaspoon pepper flakes red

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons tamarind concentrate (preferably Tamicon brand)
- ☐ 4 teaspoons sugar raw grated (unrefined brown sugar) (such as Sugar in the)
- ☐ 0.5 cup water hot

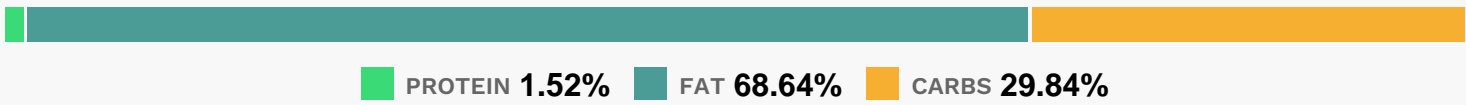
Equipment

- ☐ frying pan

Directions

- ☐ Heat 2 tablespoons coconut oil in a 10-inch heavy skillet over medium-low heat (coconut oil has a very low smoking point, so be careful not to let it get too hot).
- ☐ Add ginger and chile and cook, stirring, until ginger begins to brown, about 5 minutes.
- ☐ Remove from heat.
- ☐ Dissolve tamarind concentrate in 1/2 cup hot water.
- ☐ Heat remaining tablespoon coconut oil in a small heavy skillet over medium heat, then cook mustard seeds until they begin to pop and/or turn gray.
- ☐ Add red pepper flakes and curry leaves (if using), covering skillet immediately, and stir until curry leaves are crisp.
- ☐ Add spice mixture to ginger mixture along with cayenne, asafetida, and salt and cook over medium heat, stirring, 1 minute.
- ☐ Add tamarind liquid and jaggery and simmer, stirring, until mixture becomes somewhat thick and syrupy, about 2 minutes.
- ☐ Serve warm or at room temperature.
- ☐ •Indian ingredients can be mail-ordered from Kalustyans.com.•Chutney keeps, chilled, 2 weeks. Rewarm before serving.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:11.643912856993%

Nutrients (% of daily need)

Calories: 130.6kcal (6.53%), Fat: 10.63g (16.35%), Saturated Fat: 8.73g (54.55%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 9.45g (3.44%), Sugar: 5.91g (6.56%), Cholesterol: 0mg (0%), Sodium: 321.72mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin B3: 28.97mg (144.85%), Folate: 296.34µg (74.09%), Vitamin C: 52.02mg (63.05%), Manganese: 0.09mg (4.36%), Fiber: 0.94g (3.75%), Magnesium: 12.32mg (3.08%), Potassium: 100.91mg (2.88%), Vitamin A: 140.74IU (2.81%), Copper: 0.05mg (2.59%), Calcium: 19.47mg (1.95%), Vitamin B6: 0.03mg (1.73%), Iron: 0.3mg (1.69%), Vitamin B1: 0.02mg (1.41%), Phosphorus: 11.45mg (1.14%)