



Onion Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



221 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons chili powder
- ☐ 2 teaspoons cumin seeds
- ☐ 4 chilies dried crushed ()
- ☐ 0.3 cup juice of lemon white (or vinegar)
- ☐ 1 teaspoon mustard seeds
- ☐ 2 tablespoons oil
- ☐ 6 cups onions sliced ()
- ☐ 1 teaspoon salt

☐ 0.3 cup sugar

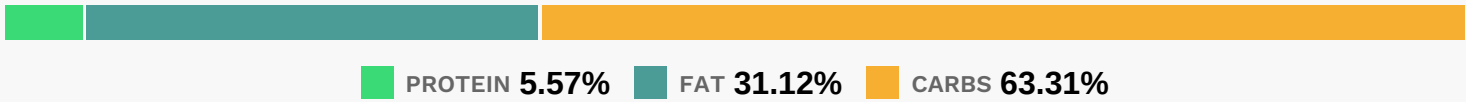
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the cumin, mustard seeds, dried chilies and heat until they sputter.
- ☐ Add the onions and saute until the start to turn golden brown.
- ☐ Add the chili powder, salt, lemon juice, and sugar and bring to a boil for a minute.

Nutrition Facts



Properties

Glycemic Index:38.02, Glycemic Load:13.7, Inflammation Score:-8, Nutrition Score:8.4039130625517%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg, Isorhamnetin: 12.02mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 48.72mg, Quercetin: 48.72mg, Quercetin: 48.72mg, Quercetin: 48.72mg

Nutrients (% of daily need)

Calories: 220.87kcal (11.04%), Fat: 7.95g (12.23%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 31.6g (11.49%), Sugar: 23.01g (25.56%), Cholesterol: 0mg (0%), Sodium: 610.05mg (26.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin C: 18.05mg (21.88%), Manganese: 0.39mg (19.66%), Fiber: 4.77g (19.07%), Vitamin B6: 0.32mg (16.02%), Folate: 47.45µg (11.86%), Vitamin E: 1.74mg (11.61%), Potassium: 403.35mg (11.52%), Vitamin A: 446.67IU (8.93%), Phosphorus: 85.23mg (8.52%), Vitamin B1: 0.13mg (8.37%), Magnesium: 32.54mg (8.13%), Iron: 1.46mg (8.09%), Vitamin K: 7.64µg (7.28%), Calcium: 71.47mg (7.15%), Copper: 0.12mg (6.03%), Vitamin B2: 0.09mg (5.17%), Selenium: 3.19µg (4.56%), Zinc: 0.55mg (3.69%), Vitamin B5: 0.31mg (3.15%), Vitamin B3: 0.52mg (2.6%)