

Sweet Tamarind Chutney



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



5

CALORIES



227 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon asafetida
- 1 tablespoon canola oil
- 0.5 teaspoon ground pepper
- 1 teaspoon cumin seeds
- 0.5 teaspoon fennel seeds
- 0.5 teaspoon garam masala
- 1 teaspoon ground ginger
- 3 tablespoons tamarind paste

- 2 cups water
- 1.1 cups granulated sugar white

Equipment

- frying pan
- sauce pan

Directions

- Heat the oil in a saucepan over medium heat.
- Add the cumin seeds, ginger, cayenne pepper, fennel seeds, asafoetida powder, and garam masala; cook and stir for about 2 minutes to release the flavors.
- Stir the water into the pan with the spices along with the sugar and tamarind paste. Bring to a boil, then simmer over low heat until the mixture turns a deep chocolaty brown and is thick enough to coat the back of a metal spoon. This should take 20 to 30 minutes. The sauce will be thin, but it will thicken upon cooling.

Nutrition Facts

 PROTEIN 0.81%  FAT 12.19%  CARBS 87%

Properties

Glycemic Index:34.42, Glycemic Load:35.02, Inflammation Score:-1, Nutrition Score:1.9873913111894%

Nutrients (% of daily need)

Calories: 226.6kcal (11.33%), Fat: 3.22g (4.96%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 50.94g (18.52%), Sugar: 48.69g (54.1%), Cholesterol: 0mg (0%), Sodium: 9.13mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Manganese: 0.2mg (9.85%), Iron: 0.73mg (4.04%), Vitamin E: 0.58mg (3.84%), Magnesium: 13.44mg (3.36%), Fiber: 0.79g (3.16%), Vitamin B1: 0.05mg (3.03%), Vitamin K: 2.51µg (2.39%), Potassium: 82.36mg (2.35%), Calcium: 18.63mg (1.86%), Vitamin A: 92.09IU (1.84%), Copper: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.64%), Phosphorus: 15.31mg (1.53%), Vitamin B3: 0.28mg (1.39%)