



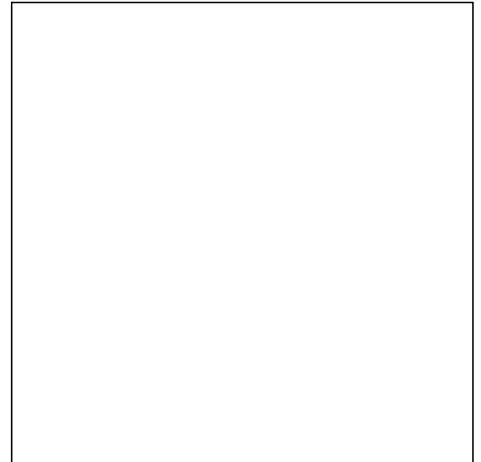
Recipe Name: South Indian Onion Chutney Recipe -
South Indian Onion Chutney (Recipe)

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 2 onions	4
• 1 teaspoon cumin seeds	
• 1 tablespoon tamarind paste	
• 3 dry red chillies	
• 1/2 teaspoon jaggery	
• 2 teaspoons oil	
• salt - 1 teaspoon	
• as per taste Rye	
• 1 sprig curry leaves	
• 1/2 teaspoon oil	
• black urad dal (split)	2 tablespoon

Preparation

- To make South Indian Onion Chutney, first of all chop the onion and keep it aside.
- Now heat 1 teaspoon of oil in the pan.
- Add cumin seeds, dry red chillies and let it cook for 10 seconds.
- Now add urad dal in it and let it cook till it becomes golden.
- Turn.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	2	10