



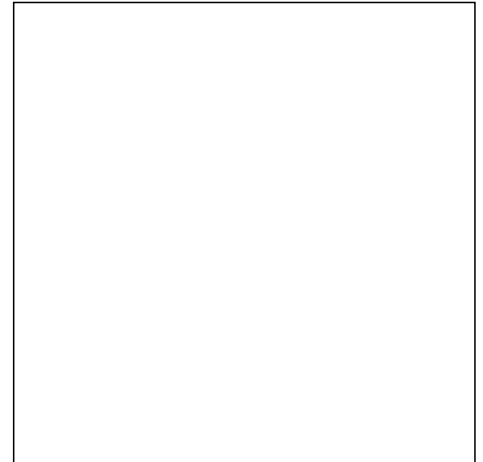
Recipe Name: Garlic Amla Chutney Recipe - Lehsun
Amla Chutney Recipe

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 8 amla	3
• 6 small onions	
• 10 bud garlic	
• 2 green chillies	
• 1/2 cup mint	
• 1/2 cup coriander	
• salt - as per taste	
• 1 tsp oil	
• 1 tsp oil	
• 1/2 tsp rye	
• 1/4 tsp urad dal	
• 1/4 tsp chana dal	
• 1 sprig curry leaves	
• 10 cashew nuts	

Preparation

- To make Garlic Amla Chutney Recipe, first wash the amla, cut and remove the seeds.
- Now wash the mint, green coriander and keep it aside.
- Now heat oil in a pan.
- Add small onion, garlic and cook the onion after it becomes soft.
- Now add amla, mint, green cor.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	4	15