DietCloud – Recipe

Recipe Name: Raw Mango and Cucumber Salad Recipe - Raw Mango Cucumber Salad Recipe

Diet Type:

Course: Side Dish

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 raw mango - cut • 1 cucumber - chopped • 1/4 cup peanut - baked 2 teaspoon paprika powder • salt - as per taste	4

Preparation

- To make raw mango and cucumber salad recipe, prepare all the ingredients first.
- In a mixing bowl add raw mango, cucumber, peanuts, coriander and mint.
- Mix and keep it aside.
- In a small bowl, add tamarind chutney, paprika powder, salt and mix well.
- Pour this tamarind mixture into the raw mango mixture and serve.
- Serve raw mango and cucumber salad with spinach lentils, onion okra and phulka for dinner.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)