



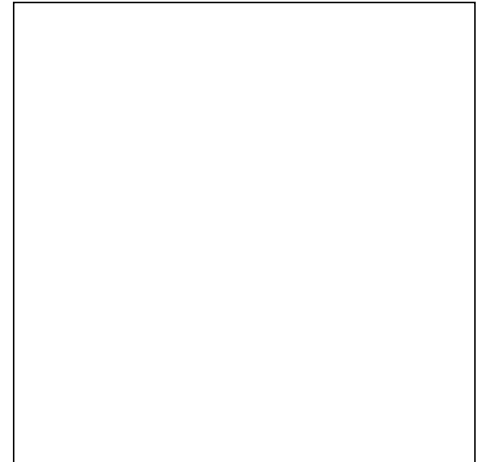
Recipe Name: Pacha Manga Pachadi Recipe - Tamil Nadu Raw Mango Pachadi Recipe

Diet Type:

Course: Side Dish

Cuisine: Tamil Nadu

Quantity:



Ingredients

Ingredient	Quantity
• 1 raw mango - chop big	4
• 1 cup tamarind water	
• 1 tablespoon jaggery	
• 1 tablespoon sambar powder	
• 1 teaspoon turmeric powder	
• 1/2 teaspoon salt	
• 1 teaspoon mustard	
• asafoetida - a pinch	
• 1 Sprig Curry leaves	
• 2 dry red chillies	
• oil - as per use	

Preparation

- To make Pacha Manga Pachadi Recipe, first of all, put raw mango in a saucepan with tamarind water, jaggery and turmeric powder.
- Turn on the gas and allow it to boil on medium heat.
- After the mango becomes soft, add sambar powder, salt and mix it.
- Let it c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	30	2	4	20