

Recipe Name: Tomato Curry Leaf Chutney With No Onion
No Garlic Recipe

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 Tomatoes - finely chopped	4
• 2 sprigs Curry leaves	
• 2 Green Chillies - finely chopped	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 sprig Coriander (Dhania) Leaves - finely chopped	
• Salt - or rock salt to taste	
• 1 pinch Sugar	

Preparation

- Once it has cool down , blend it i.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	7	4	10