

Recipe Name: Himachali Dry Raw Mango Chutney Recipe

Diet Type:

Course: Side Dish

Cuisine: Himachal

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Aam Papad (Sun Dried Mango) - pieces	3
• 1 cup Mint Leaves (Pudina) - washed and chopped	
• 1/2 cup Coriander (Dhania) Leaves - washed and chopped	
• 2 Green Chillies - chopped	
• 1/2 tablespoon Sugar	
• Salt - to taste	
• Hot water - as required (preferably 2 cups)	

Preparation

- To begin making the Himachali Dry Mango Chutney recipe, soak dry raw mango pieces in hot water for 10 to 15 minutes so that they become soft and tender.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	30	0.5	4	20