

Recipe Name: Carrot Chutney Recipe
Diet Type:
Course: Side Dish
Cuisine: Indian
Quantity: 1/4 cup



Ingredients

Ingredient	Quantity
• 3 Carrots (Gajjar)	6
• 8 Dry Red Chillies	
• 1 tablespoon Mustard seeds	
• 1 teaspoon Jaggery	
• Salt - to taste	
• 1 tablespoon Sunflower Oil	
• 1 teaspoon Mustard seeds	
• 5-6 Curry leaves	

Preparation

- To begin with carrot Chutney, soak the dry red chillies and mustard seeds in just enough water for 1 hour or more.
- Chop the carrots very finely (do not grate them).
- Make a fine paste of the red chilly and mustard in a mixer grinder.
- Add 3/4th of the carrot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
60	1	14	0.5	2	8