

Recipe Name: Desiccated Coconut Coriander Chutney Recipe

Diet Type:

Course: Side Dish

Cuisine: South Indian Recipes

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 3 Green Chillies	4
• 3 cloves Garlic	
• 1 inch Ginger	
• 1/2 tablespoon Cumin seeds (Jeera)	
• 1 tablespoon Lemon juice	
• 2 tablespoons Dessicated Coconut	
• Salt - to taste	
• 1 cup Coriander (Dhania) Leaves	

Preparation

- Add all ingredients in a mixer jar and grind it to a fine paste with the help of a water as needed.
- Transfer this to a serving bowl.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	24	16	4	8