

Recipe Name: Chana Dal Chutney Recipe
Diet Type: Vegetarian
Course: Side Dish
Cuisine: South Indian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1/4 cup Roasted Gram Dal (Pottukadalai)	5
• 1/4 cup Fresh coconut - grated	
• 6-7 Dry Red Chillies	
• 2-3 sprig Curry leaves	
• pinch Asafoetida (hing)	
• 1 teaspoon Mustard seeds	
• 2 teaspoon Tamarind Paste	
• 1 tablespoon Sunflower Oil	
• Salt - to taste	

Preparation

- To begin making the Chana Dal Chutney, first place a pan on the heat and warm up some oil. Add the roasted chana dal with a few curry leaves and red chillies.
- Saute for a couple of minutes on a medium flame.
- Then add grated coconut and stir for 1 minute till.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	10	35	10	8	5