INDIAN · SAUCE

South Indian Onion Tomato Chutney

25 min · Makes 18 × 2 tbsp · 49 kcal a portion · Video 4:10 · Kunal Kapur

Vegan · No nuts listed

A coconut-free chutney of cooked tomato, onion, garlic and spices with no added sugar: 2 tbsp have about 50 kcal and 2.5 g of net carbs.

Diet notes: Keto (2.5 g net carbs a serve); Low saturated fat (0.3 g, 6% of the energy); DASH-friendly (130 mg sodium a serve); Gluten-free with a swap: Use a gluten-free asafoetida (heeng); many brands are mixed with wheat flour.

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Ingredients 14 · MAKES 18 × 2 TBSP

- [ ] 5 tbsp **oil**
- [ ] ½ tsp **heeng** (asafoetida)
- [ ] 1 tbsp **urad dal** (split, washed black gram)
- [ ] 2 **dry red chillies**
- [ ] 2 tsp **mustard seeds**
- [ ] 2 tsp **cumin seeds**
- [ ] 6 **garlic** cloves
- [ ] a small piece of **ginger**
- [ ] a handful of **curry leaves**
- [ ] 1 cup **onion chunks**
- [ ] 1 **green chilli**
- [ ] 2 cups **tomato chunks**
- [ ] **salt**, to taste (about 1 tsp)
- [ ] 1 tbsp **thick tamarind pulp**

Allergens found in the listed ingredients: Gluten, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a pan and add the heeng, urad dal, dry red chillies and mustard seeds. Fry until the mustard seeds splutter and the dal starts to turn brown, then add the cumin. 0:08
2. Add the garlic, ginger and curry leaves and sauté briefly, then the onion chunks and green chilli. Cook for 2–3 minutes, just until the onion softens without browning. 0:53
3. Add the tomatoes (twice as much as onion) and salt, toss well, then stir in the tamarind pulp. 1:32
4. Cook for about 10 minutes, until the tomatoes have completely broken down and mash at a touch. Turn off the heat. 2:15
5. Cool slightly and grind to a thick paste without adding water. Serve warm or cold with idli, dosa or upma. 2:31

> **Tip** Makes about 2¼ cups (our estimate: 18 portions of 2 tbsp). Keeps 3–4 days in the fridge. Heeng is often cut with wheat flour; choose a gluten-free one if needed.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 18 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
49 kcal	0.6 g	3.2 g	0.7 g	4 g	130 mg
200 kJ	1% of a day	2.5 g net · 1.4 g sugars	2% of a day	0.3 g saturated	6% of a day
		1% of a day		5% of a day	

Energy from net carbs 21% · protein 5% · fat 74% — fits keto: 2.5 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Omega-3 22%

Recipe and video: Kunal Kapur (@KunalKapur) on YouTube — youtube.com/watch?v=0EEgjXDPXtU, published 10 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/south-indian-onion-tomato-chutney