

# Chana Masala (Indian Chickpeas)

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-chana-masala-indian-recipe>

## Ingredients:

- 32 ounces chickpeas
- 16 ounces chopped tomatoes
- 1 onion diced
- 1 teaspoon ginger paste
- 2 teaspoons garlic paste
- 1 fresno pepper de-seeded and diced
- 2 teaspoons cumin
- 1 teaspoon Garam Masala
- 1 teaspoon turmeric
- 1 bunch cilantro
- 1/2 lemon juiced

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 62 grams
3. Fat: 2.5 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. Sodium: 700 milligrams
7. Sugar: 5 grams

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