

Indian Chaat Salad

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-chats>

Ingredients:

- 5 cups chickpeas cooked
- 1 cucumber peeled and diced
- 1/2 onion diced
- vinaigrette
- 1/3 cup lemon juice fresh squeezed
- 1/3 cup vegetable oil
- 1/2 cup cilantro
- 1/8 onion large
- 1 garlic clove
- 3 teaspoons chaat masala powder
- 3 teaspoons chili powder kashmiri, depending on your spiciness preference

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 67 grams
3. Fat: 21 grams
4. Fiber: 12 grams
5. Protein: 14 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 770 milligrams
8. Sugar: 4 grams
9. TransFat: 0.5 grams

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