

Chana Kathi Roll Chickpea Chutney Wraps

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chapati-roll-recipe-indian>

Ingredients:

- 15 ounces chickpeas can of, drained or 1 1/2 cups cooked chickpeas
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne
- 1/2 teaspoon paprika
- 1/2 teaspoon dried fenugreek leaves
- 1/2 teaspoon ground cardamom
- 1 pinch canela all spice and cloves
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 teaspoons minced ginger
- 2 teaspoons lemon juice
- 1/2 teaspoon salt
- 1/4 cup water
- 1 chutney Recipe cilantro mint, or plain cilantro chutney
- lettuce chopped, as needed
- 1/2 medium red onion thinly sliced
- 1 tomato thinly sliced into half moons
- 1/2 teaspoon chaat masala or use dried mango powder, amchur
- 3 tortillas plain paratha, rotis, chapati or flatbread as needed
- chickpeas drained and cooked
- spices
- coriander
- cumin
- black pepper
- cayenne
- paprika
- dried fenugreek leaves
- cardamom
- canela

- cloves
- garlic powder
- onion powder
- minced ginger
- lemon juice
- veggies
- onion
- tomato
- lettuce
- chutney
- meal
- tortillas
- chapati

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 95 grams
3. Fat: 8 grams
4. Fiber: 14 grams
5. Protein: 15 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1090 milligrams
8. Sugar: 16 grams

Thank you for visiting our website. Hope you enjoy Chana Kathi Roll Chickpea Chutney Wraps above. You can see more 16 chapati roll recipe indian Ignite your passion for cooking! to get more great cooking ideas.