

Chickpeas curry with potatoes - A healthy side dish

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chickpea-indian-side-dish-recipe>

Ingredients:

- 1 cup chickpeas approx. 200 gm.
- 2 medium potatoes
- 1 onion medium, chopped
- 2 teaspoons fresh ginger finely chopped
- 1 teaspoon garlic fresh, crushed
- 2 teaspoons cumin seeds ground
- 2 teaspoons ground coriander
- 1 teaspoon red chili powder Kashmiri, you can add more according to your taste
- 2 green chilli silted, 1 for garnishing, optional
- 1 tablespoon lemon juice
- 5 tablespoons vegetable oil I used Sunflower oil
- salt to taste
- 1/2 teaspoon sugar optional
- 3/4 cup water
- 3 coriander leaves chopped
- 1 1/2 teaspoons black pepper powder
- 2 teaspoons butter molten

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 5 milligrams
4. Fat: 20 grams
5. Fiber: 6 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 380 milligrams

9. Sugar: 4 grams
 10. TransFat: 0.5 grams
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