

Indian Butter Chickpeas

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chickpeas-tomatoes-red-onion-indian-recipe-dinner>

Ingredients:

- 2 tablespoons oil
- 1/2 red onion chopped
- 1 1/2 cups crushed tomatoes
- 2 tablespoons curry powder
- 2 cups chickpeas cooked
- 1/3 cup heavy cream
- 1 tablespoon butter
- salt to taste
- parsley as a garnish, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 40 milligrams
4. Fat: 20 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 8 grams
8. Sodium: 590 milligrams
9. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Indian Butter Chickpeas above. You can see more 15 chickpeas tomatoes red onion indian recipe dinner Taste the magic today! to get more great cooking ideas.