

Quick Indian Chickpeas

Yield: 2 min
Total Time: 14 min

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

Ingredients:

- 1/8 cup oil use whatever you prefer, I used coconut
- 1 can chickpeas rinsed, drained and patted dry with paper towels
- 1/4 teaspoon cayenne pepper
- 1 teaspoon masala indian powder
- 1 pinch salt /ground black pepper
- naan for serving
- sauce Tamarind, for serving
- yogurt for serving
- chopped cilantro for serving

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 15 milligrams
4. Fat: 22 grams
5. Fiber: 12 grams
6. Protein: 18 grams
7. SaturatedFat: 4 grams
8. Sodium: 1250 milligrams
9. Sugar: 12 grams

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