

Chana Chaat

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chaat-recipe>

Ingredients:

- 2 cups black chickpeas boiled
- 1 teaspoon black salt
- salt to taste
- 1 teaspoon chaat masala Powder
- 1/2 teaspoon chilli powder
- 1/4 cup onion chopped
- 1/4 cup tomato chopped
- 1 tablespoon lemon juice
- 1/2 cup yogurt whisked with sugar
- 1/2 cup puffed rice
- 2 tablespoons chutney Tamarind
- 2 tablespoons chutney Green
- 2 tablespoons coriander leaves chopped
- 2 teaspoons green chillies chopped
- 1/4 cup pomegranate seeds

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 78 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 31 grams
6. Protein: 26 grams
7. Sodium: 810 milligrams
8. Sugar: 15 grams

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