

# Aloo Chana Chaat (Chat) | Potato Chickpeas Salad

Yield: 3 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chole-tikki-veg-recipe-of-india>

## Ingredients:

- 3 potatoes Medium sized, cubed
- 2 cups chole or Chickpeas, boiled and drained
- 1 red onion chopped
- 2 tomatoes chopped
- 1/4 cup coriander leaves or Cilantro
- 1 1/2 teaspoons chaat masala
- 1 1/2 tablespoons lemon juice
- chile powder as needed
- salt to taste
- 1 tablespoon tamarind
- 1 1/2 tablespoons brown sugar or jaggery
- 1/2 teaspoon chaat masala

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 130 grams
3. Fat: 8 grams
4. Fiber: 29 grams
5. Protein: 31 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 310 milligrams
8. Sugar: 27 grams

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