

Instant Pot Sookha Kala Chana (Spiced Brown Chickpeas)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/dried-black-chickpeas-indian-recipe>

Ingredients:

- 2 cups chickpeas dried brown, kala chana, soaked overnight
- 2 tablespoons oil choice
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon black mustard seeds
- 1 black cardamom
- 1 teaspoon salt
- 1/2 teaspoon coriander powder
- 1/2 teaspoon dried mango powder amchur
- 1/2 teaspoon Garam Masala
- 1/2 teaspoon turmeric
- 1/4 teaspoon black pepper
- 1/4 teaspoon black salt kala namak
- 1/4 teaspoon paprika
- 1/4 teaspoon cumin powder roasted
- 1/4 teaspoon cayenne optional
- 1 cup water
- cilantro garnish, optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 25 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1040 milligrams

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