

# Dill leaves and Chickpea Rice

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/eat-leaves-indian-recipe>

## Ingredients:

- 1 cup leaves dill
- 1/2 cup chickpeas
- 2 cups basmati rice
- 1/4 cup coconut chopped, pieces
- 2 red chilies optional
- 12 seeds black pepper
- 1 teaspoon cardamom seeds
- 5 cloves
- 6 cinnamon sticks small broken and cracked
- 2 teaspoons coriander powder
- 1 teaspoon chili powder
- 1 1/2 cups vegetables boiled, carrots, beans
- 2 tablespoons oil olive oil or vegetable oil
- 1/2 teaspoon turmeric powder
- 1/2 inch ginger
- 1 onion

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 94 grams
3. Fat: 12 grams
4. Fiber: 7 grams
5. Protein: 11 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 125 milligrams
8. Sugar: 2 grams

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