

Sookha Kabuli Chana of India

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/samber-recipe-vegetarian-recipe-of-india>

Ingredients:

- salt as need
- 2 onions cut into rings
- 4 green chillies
- 4 teaspoons Garam Masala
- 7/8 cup vegetable oil
- 3 cups chickpeas Kabuli
- 13/16 tablespoon soda Cooking
- 2 red chillies Chopped Dried
- 2 tea bag
- 4 3/4 tablespoons coriander seeds
- 1 7/8 tablespoons cumin seeds
- 1 tablespoon chilli powder
- 3/4 tablespoon pomegranate seeds { Anar Dana }
- 5/8 tablespoon mango powder { Aamchoor }
- 4 potatoes cut into fingers fried
- 2 ginger 2"pieces julienned fried
- water

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 90 grams
3. Fat: 50 grams
4. Fiber: 17 grams
5. Protein: 15 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 610 milligrams
8. Sugar: 8 grams
9. TransFat: 1.5 grams

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