

Cauliflower and Chickpea Masala

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-cauliflower-and-chicpea-masala-recipe>

Ingredients:

- 2 tablespoons Garam Masala \$0.60
- 1/2 teaspoon cumin \$0.05
- 1/2 teaspoon turmeric \$0.05
- 1/2 teaspoon smoked paprika \$0.05
- 1/4 teaspoon cayenne \$0.02
- 1/2 teaspoon salt \$0.02
- cracked pepper Freshly, \$0.03
- 1 yellow onion \$0.21
- 3 cloves garlic \$0.24
- 1/2 tablespoon fresh ginger grated, \$0.15
- 2 tablespoons olive oil \$0.32
- 12 ounces cauliflower florets frozen, \$1.00
- 15 ounces chickpeas drained, \$0.49
- 15 ounces tomato sauce *, \$0.59
- 1/4 cup water \$0.00
- 1/3 cup heavy cream \$0.26
- salt to taste, \$0.02

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 35 milligrams
4. Fat: 21 grams
5. Fiber: 11 grams
6. Protein: 11 grams
7. SaturatedFat: 8 grams
8. Sodium: 1280 milligrams

9. Sugar: 13 grams

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