

Chole Bhature

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-chickpea-chole-recipe>

Ingredients:

- 250 grams white chickpea /kabuli chana/garbanzo beans
- 2 tablespoons chickpea black
- 2 tablespoons black tea
- 1/2 cup vegetable oil
- 1 potato cut into cubes
- 2 inches ginger piece thin slices
- 4 green chillies slits
- 1/2 cup cottage cheese optional
- 2 cinnamon stick
- 1 black cardamom
- 4 cloves
- 2 teaspoons dried fenugreek leaves
- 1 teaspoon cumin powder
- 2 tablespoons pomegranate seeds dried, powder/anardana
- 1 tablespoon amchur powder/dried mango powder
- 2 tablespoons chole or chana masala
- 2 teaspoons coriander powder
- 2 teaspoons red chilly powder
- salt to taste
- water as needed
- 2 cups onion thin rounds of
- 2 cups tomato thin rounds of
- 1/2 cup coriander leaves chopped
- 2 teaspoons Garam Masala
- 250 grams all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup yoghurt
- 2 teaspoons fennel seeds carom and, optional
- 2 cups water or as required
- 1 teaspoon sugar
- oil for frying

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 127 grams
3. Cholesterol: 10 milligrams
4. Fat: 40 grams
5. Fiber: 23 grams
6. Protein: 29 grams
7. SaturatedFat: 4 grams
8. Sodium: 510 milligrams
9. Sugar: 20 grams
10. TransFat: 1 grams

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