

Indian Chickpea Curry with Mango Powder

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-curry-from-powder-recipe>

Ingredients:

- 1 tablespoon coconut oil or oil of choice
- 1 teaspoon cumin seeds
- 3 cardamom pods I used green
- 2 cinnamon sticks
- 1 cup tomato passata or crushed tomatoes
- 2 tablespoons mango powder amchur/amchoor
- 1 teaspoon ground cumin
- 1 tablespoon coriander seeds ground
- 1/2 teaspoon chili flakes Aleppo
- 1/4 teaspoon ground turmeric
- 2 cups chickpeas cooked, with cooking water reserved
- 1/4 cup fresh cilantro chopped, divided
- 1 teaspoon salt or to taste

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 42 grams
3. Fat: 6 grams
4. Fiber: 11 grams
5. Protein: 9 grams
6. SaturatedFat: 3 grams
7. Sodium: 1140 milligrams
8. Sugar: 3 grams

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