

# Chole Puri

Yield: 3 min  
Total Time: 25 min

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

## Ingredients:

- 1 1/2 cups chole / Garbanzo Beans / Chickpeas
- 1 onion sliced
- 2 tomatoes fine chopped
- 2 green chilies fine chopped
- 1/2 teaspoon Kashmiri red chili powder
- 1/2 teaspoon turmeric powder
- 1 1/2 teaspoons coriander powder
- 1/4 teaspoon black peppercorns crushed
- 1/2 teaspoon garam masala powder
- 1/2 teaspoon mango powder amchur powder
- 2 teaspoons coriander leaves fresh, finely chopped
- 1 tablespoon cooking oil
- salt to taste

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 72 grams
3. Fat: 11 grams
4. Fiber: 20 grams
5. Protein: 21 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 290 milligrams
8. Sugar: 16 grams

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