

Kala Chana | Instant Pot Kala Chana

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/kala-chana-recipe-pakistani-style>

Ingredients:

- 1 onion sliced, used fried onions
- 9 garlic cloves
- 1 1/2 inches ginger
- 3/4 cup tomato puree
- 2 green chilies
- salt to taste
- 1/2 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon Garam Masala used homemade
- 1/2 teaspoon cumin powder roasted
- 1/2 teaspoon paprika powder
- 2 tablespoons olive oil
- cilantro to garnish, optional
- 3 cups hot water

Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 12 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 400 milligrams
8. Sugar: 5 grams

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