

Tava Chole

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 100 grams chole /chickpea/garbanzo beans,boiled
- 1 onion chopped
- 2 teaspoons ginger grated
- 4 garlic cloves minced
- 2 green chillies chopped
- 1 tomato chopped
- salt to taste
- 1/2 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon chaat masala
- 1/2 teaspoon amchur powder
- 1 teaspoon tandoori masala
- 1 teaspoon fenugreek leaves dried, /methi
- 1/4 cup coriander leaves chopped
- 4 tablespoons oil
- lemon juice as required

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 24 grams
3. Fat: 16 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 210 milligrams
8. Sugar: 6 grams

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