

# Chana Pilau - Pakistani Chickpeas and Rice

Yield: 5 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-chickpea-pilau-recipe>

## Ingredients:

- 2 cups basmati rice soaked for 30 minutes
- 1 can chickpeas
- 1 medium onion sliced
- 1 tablespoon cumin seeds
- 1 tablespoon salt or to taste
- 6 whole cloves
- 2 whole cardamoms black
- 1 stick canela
- oil as needed
- water as needed

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 88 grams
3. Fat: 6 grams
4. Fiber: 8 grams
5. Protein: 11 grams
6. Sodium: 1690 milligrams
7. Sugar: 1 grams

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