

# Pakistani Spicy Chickpeas

Yield: 5 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/pakistani-spicy-chickpeas-recipe>

## Ingredients:

- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon lemon pepper
- 2 tomatoes chopped
- 30 ounces garbanzo beans drained
- 1 tablespoon lemon juice
- 1 onion chopped

## Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 108 grams
3. Fat: 16 grams
4. Fiber: 30 grams
5. Protein: 33 grams
6. SaturatedFat: 2 grams
7. Sodium: 280 milligrams
8. Sugar: 21 grams

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