

Chana Chaat – Indian Chickpea Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-salad-chana-chaat-recipe>

Ingredients:

- 2 cans chickpeas 15 ounce cans
- 1 small red onion thinly sliced
- 1 cucumber small, thinly sliced
- 3 tablespoons cilantro
- 3 green chilies thinly sliced
- 2 tablespoons vegetable oil
- 1 teaspoon cumin
- 1 teaspoon chaat masala
- 1/2 teaspoon chili powder kashmiri
- 2 tablespoons sauce
- 3/16 teaspoon Maggi
- 1/2 teaspoon kosher salt

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 61 grams
3. Fat: 9 grams
4. Fiber: 11 grams
5. Protein: 13 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1010 milligrams
8. Sugar: 5 grams

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