

# West Indian-Style Channa Wrap

Yield: 4 min  
Total Time: 75 min

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

## Ingredients:

- 2 tablespoons olive oil
- 2 cups diced onions
- 5 cloves garlic minced
- 1/2 chile pepper seeded and diced
- 1 fresh ginger 2x1-inch hunk of, peeled and minced
- 3 tablespoons curry powder Madras-style
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne
- 1/4 teaspoon ground turmeric
- 1 teaspoon salt
- 1 cup dried chickpeas soaked overnight and boiled until tender
- 4 whole wheat tortillas

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 55 grams
3. Fat: 13 grams
4. Fiber: 13 grams
5. Protein: 14 grams
6. SaturatedFat: 2 grams
7. Sodium: 780 milligrams
8. Sugar: 9 grams

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