



CHANA MASALA (CHICKPEA MASALA)

SERVINGS: 100 CALORIES: 140 KCAL

A spicy, hearty Indian dish with healthy chickpeas in a flavorful onion tomato masala gravy. Serve with rice or flatbread.

NUTRITION FACTS PER SERVING (1.5CUPS)

Calories: 140 kcal | Fat: 3 g | Saturated fat: 0.5 g | Sodium: 899 mg | Carbohydrates: 26 g | Fiber: 5.5 g | Protein: 5 g | Vitamin A: 2298 % | Vitamin C: 37 % | Calcium: 158 % | Iron: 1.5 %