DietCloud – Recipe

Recipe Name: Goan Chana Ros recipe - Goan Chana Ros

Diet Type:

Course: Lunch

Cuisine: Goan Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1/2 cup white peas (dry) - soaked overnight	3
• 1/2 onion - chopped	
• 3 tablespoons coconut - tighten	
• 4 dry red chillies	
• 1-1 / 2 teaspoon coriander seeds	
• 3 long	
• 1 inch tamarind	
• 1/2 teaspoon turmeric powder	
• salt - as per taste	

Preparation

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)