

Recipe Name: Kabuli Chana Sundal Recipe - Chickpea Sundal Recipe

Diet Type: Vegetarian

Course: Snack

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup black gram - soak overnight and cook till it becomes soft	5
• 1 tsp oil	
• 1/2 tsp rye	
• 1 tsp green chilli	
• 1 inch ginger - tighten	
• 1/4 tsp asafoetida	
• 2 tbsp Spoon coconut - grated	
• coriander - little	
• salt - to taste	

Preparation

- Heat oil in a pan to make Kabuli Chana Sundal recipe.
- Add mustard seeds and cook till it sizzle.
- Now add ginger, green chillies, hing, salt, and kabuli gram.
- Cook for 1 to 2 minutes.
- Now add coconut and cook for 1 minute more.
- Turn off the gas, garnish wi.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	15	60	10	10	5