Cooking with the DIETITIANS

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Time: minutes Servings:

INGREDIENTS

DIRECTIONS

NUTRITION FACTS (PER SERVING):

Calories: 436, Total Fat: 14g, Saturated Fat: 3g, Cholesterol: 0mg, Sodium: 553mg, Carbohydrates: 76g, Fiber: 16g, Protein: 14g, Vitamin A: 2%, Vitamin C: 35%, Calcium: 9%, Iron: 32%

Recipe adapted from: http://kblog.lunchboxbunch.com/2014/06/sweetm spicym easym amazingm currym chickpea.htm

A collaboration with USF Dining.

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