



Baked Chickpeas with Paneer

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound baby spinach chopped
- 0.5 teaspoon pepper black freshly ground
- 3 cups garbanzo beans canned drained (garbanzo beans)
- 1 cup mozzarella cheese fresh cubed (such as mozzarella)
- 1 tablespoon pepper flakes fresh hot minced
- 0.5 teaspoon chili powder
- 2 teaspoons curry powder
- 0.5 cup cilantro leaves fresh chopped

- 2 garlic clove minced
- 1 inch ginger minced peeled
- 0.5 cup lite coconut milk light
- 1 tablespoon cooking oil neutral divided plus more for the baking dish (such as grapeseed)
- 1 medium onion chopped
- 0.5 teaspoon salt
- 1 dash sugar
- 1 pound canned tomatoes diced whole canned ripe peeled seeded drained chopped

Equipment

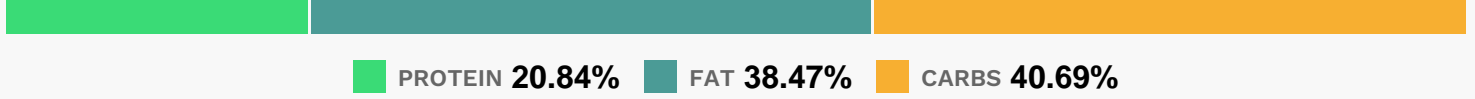
- frying pan
- oven
- baking pan

Directions

- Heat half of oil in a deep skillet over medium-high heat.
- Add onion, garlic, ginger, and chile. Cook until onion is soft (about 5 minutes), stirring occasionally. Stir in garam masala, chili powder, and sugar; cook until fragrant (1 or 2 minutes), stirring constantly.
- Add tomatoes; cook (about 3 minutes), stirring frequently.
- Add coconut milk and cilantro; cook until mixture comes to a boil, stirring constantly. Reduce heat to simmer; cook until tomatoes break up and mixture thickens (about 20 minutes), stirring occasionally.
- Preheat oven to 40
- Coat a 9- by 13-inch baking dish with cooking spray.
- Place remaining oil in a small pan over medium-high heat.
- Add half of spinach to tomato sauce; cook until wilted (about 3 minutes), stirring frequently.
- Add remaining spinach; cook until wilted (2-3 minutes), stirring frequently.
- Spread tomato sauce into dish; spoon chickpeas on top.
- Sprinkle with salt and pepper.

- Place cheese evenly over dish.
- Bake until sauce is bubbly and cheese and beans have browned (20–30 minutes).
- Remove from oven; serve.

Nutrition Facts



Properties

Glycemic Index:65.57, Glycemic Load:5.74, Inflammation Score:-10, Nutrition Score:28.833912994551%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg, Quercetin: 7.45mg

Nutrients (% of daily need)

Calories: 219.01kcal (10.95%), Fat: 9.89g (15.22%), Saturated Fat: 4.02g (25.1%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 16.08g (5.85%), Sugar: 4.99g (5.54%), Cholesterol: 14.75mg (4.92%), Sodium: 717.2mg (31.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.12%), Vitamin K: 376.93µg (358.98%), Vitamin A: 7561.05IU (151.22%), Manganese: 1.6mg (79.97%), Folate: 184.44µg (46.11%), Vitamin C: 34.04mg (41.26%), Vitamin B6: 0.72mg (35.91%), Fiber: 7.46g (29.84%), Magnesium: 106.45mg (26.61%), Iron: 4.48mg (24.88%), Potassium: 842.02mg (24.06%), Calcium: 235.57mg (23.56%), Vitamin E: 3.19mg (21.29%), Phosphorus: 204.96mg (20.5%), Copper: 0.39mg (19.63%), Vitamin B2: 0.26mg (15.4%), Zinc: 1.81mg (12.08%), Vitamin B1: 0.16mg (10.88%), Selenium: 6.45µg (9.21%), Vitamin B3: 1.72mg (8.62%), Vitamin B12: 0.43µg (7.09%), Vitamin B5: 0.58mg (5.78%)