



 **90%**  
HEALTH SCORE

## Cauliflower Chickpea Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tbsp olive oil
- 240 g brown rice
- 4 servings water
- 2 garlic crushed
- 1 tsp turmeric
- 4 servings salt and pepper
- 1 onion chopped finely
- 400 g canned tomatoes chopped canned

- 2 tbsp tomato purée
- 3 garlic crushed
- 1 tsp ginger fresh grated
- 0.5 pepper flakes fresh chopped finely
- 1 tsp cinnamon
- 1 tsp garam masala
- 1 tsp paprika
- 1 sweet potatoes and into
- 0.5 juice of lemon
- 240 ml water
- 0.5 small cauliflower
- 400 g garbanzo beans canned

## Equipment

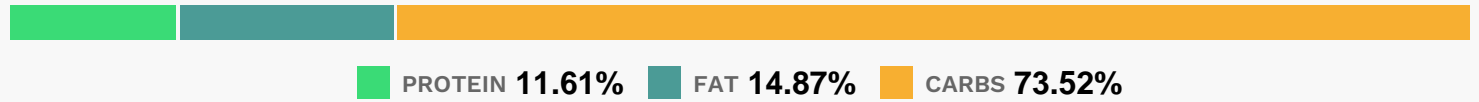
- sauce pan

## Directions

- Heat olive oil in large sauce pan on high heat. Crush the garlic and fry it with tumeric, salt and pepper for a minute before adding the brown rice. Fry the rice for another 4-5 minutes before adding the water. Bring the water to a boil and turn down the heat to low-medium, allow to simmer for 30 minutes.
- Heat olive oil in large saucepan on high heat.
- Add the onion and fry for 4-5 minutes or until golden brown. Turn down the heat to medium and add the chopped tomatoes, tomato puree, chili, ginger, garlic and the rest of the spices.
- Add sweet potato, lemon juice and water and bring it to a boil before turning down the heat to medium and allow the stew to simmer for 30-35 minutes.
- Ten minutes before done, add the cauliflower. Five minutes before done, drain the chickpeas and add them to the stew.
- The vegetables should be cooked all the way through but it still have a slight snap to them. Season with salt and pepper before serving.

Serve with fresh herbs, such as basil or cilantro.

## Nutrition Facts



### Properties

Glycemic Index:99.77, Glycemic Load:38.44, Inflammation Score:-10, Nutrition Score:30.583913043478%

### Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

### Taste

Sweetness: 57.09%, Saltiness: 100%, Sourness: 71.67%, Bitterness: 85.83%, Savoriness: 36.05%, Fattiness: 39.26%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 455.29kcal (22.76%), Fat: 7.76g (11.94%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 86.28g (28.76%), Net Carbohydrates: 74.02g (26.92%), Sugar: 9.48g (10.53%), Cholesterol: 0mg (0%), Sodium: 667.7mg (29.03%), Protein: 13.63g (27.26%), Manganese: 3.73mg (186.7%), Vitamin A: 8626.25IU (172.52%), Vitamin B6: 1.25mg (62.56%), Fiber: 12.26g (49.03%), Vitamin C: 40.41mg (48.98%), Magnesium: 164.6mg (41.15%), Copper: 0.71mg (35.58%), Phosphorus: 335.03mg (33.5%), Vitamin B1: 0.45mg (29.7%), Potassium: 1031.48mg (29.47%), Iron: 4.85mg (26.92%), Vitamin B3: 4.77mg (23.83%), Vitamin B5: 2.27mg (22.71%), Folate: 83.95µg (20.99%), Zinc: 2.66mg (17.73%), Vitamin E: 2.34mg (15.59%), Vitamin K: 15.53µg (14.79%), Calcium: 146.57mg (14.66%), Vitamin B2: 0.18mg (10.55%), Selenium: 3.98µg (5.69%)