



Chana Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce garbanzo beans drained and rinsed canned
- 1 teaspoons curry powder
- 0.3 cup cilantro leaves fresh minced to taste
- 2 garlic clove minced
- 4 servings highest available proof grain spirit hot cooked (rice, quinoa, or couscous)
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 1 large onion chopped

- 4 servings salt to taste
- 2 large tomatoes diced
- 0.5 teaspoon turmeric

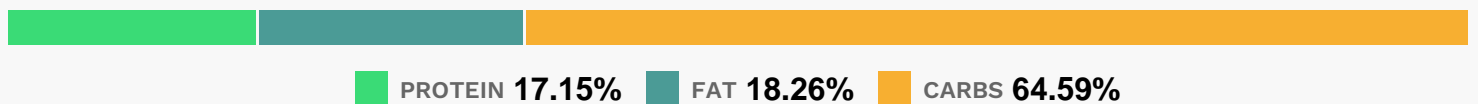
Equipment

- bowl
- frying pan

Directions

- Heat the oil in a wide skillet.
- Add the onion and sauté until translucent.
- Add the garlic and continue to sauté until the onion is golden.
- Add the chickpeas, garam masala, turmeric, ginger, tomatoes, lemon juice, and about 1/4 cup water. Bring to a simmer, then cook over medium-low heat for 10 minutes, stirring frequently. This should be moist and stewlike, but not soupy; add a little more water, if needed.
- Stir in the cilantro and season with salt.
- Serve on its own in shallow bowls or over a hot cooked grain, if desired.
- Vegan Express

Nutrition Facts



Properties

Glycemic Index:58.33, Glycemic Load:25.04, Inflammation Score:-10, Nutrition Score:24.327826043834%

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: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

Quercetin: 8.71mg, Quercetin: 8.71mg

Nutrients (% of daily need)

Calories: 398.03kcal (19.9%), Fat: 8.41g (12.94%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 66.93g (22.31%), Net Carbohydrates: 53.08g (19.3%), Sugar: 5.12g (5.69%), Cholesterol: 0mg (0%), Sodium: 794.91mg (34.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.56%), Manganese: 2.49mg (124.71%), Vitamin B6: 1.31mg (65.6%), Fiber: 13.85g (55.42%), Phosphorus: 381.5mg (38.15%), Magnesium: 144.59mg (36.15%), Copper: 0.62mg (30.81%), Folate: 114.21µg (28.55%), Zinc: 4.13mg (27.5%), Iron: 4.04mg (22.46%), Potassium: 776.58mg (22.19%), Vitamin C: 17.77mg (21.53%), Vitamin B3: 3.61mg (18.04%), Vitamin A: 871.04IU (17.42%), Vitamin K: 13.86µg (13.2%), Vitamin B5: 1.21mg (12.12%), Vitamin B1: 0.17mg (11.41%), Calcium: 107.15mg (10.72%), Vitamin B2: 0.17mg (10%), Vitamin E: 1.48mg (9.87%), Selenium: 5.88µg (8.4%)