



Chana Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

Ingredients

- 1.5 cups chickpeas fresh (garbanzo beans)
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 0.1 teaspoon garam masala
- 1 garlic clove minced
- 0.1 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 2 teaspoons olive oil

- 1 cup onion chopped
- 0.1 teaspoon salt
- 0.5 cup tomatoes seeded chopped
- 0.8 cup vegetable stock organic (such as Swanson Certified)

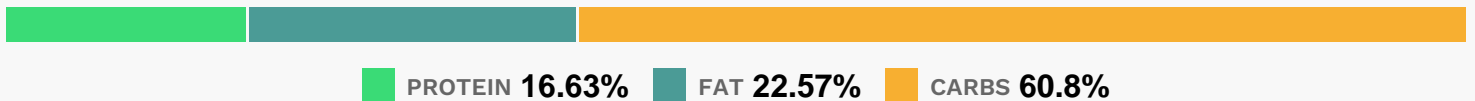
Equipment

- frying pan
- sauce pan

Directions

- Sort and wash the chickpeas, and place in a large saucepan. Cover with water to 2 inches above chickpeas; bring to a boil. Cook for 5 minutes or until tender.
- Drain.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion, ginger, and garlic to pan; cook 5 minutes, stirring occasionally. Stir in salt, cumin, and pepper; cook 1 minute.
- Add chickpeas, broth, and tomato; cook 5 minutes or until liquid almost evaporates.
- Remove from heat; stir in chopped cilantro and garam masala.

Nutrition Facts



Properties

Glycemic Index:62.44, Glycemic Load:4.53, Inflammation Score:-6, Nutrition Score:8.8769565354223%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg 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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 143.34kcal (7.17%), Fat: 3.72g (5.72%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 16.88g (6.14%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 256.41mg (11.15%), Alcohol: 0g (100%), Protein: 6.17g (12.33%), Manganese: 0.73mg (36.36%), Folate: 116.59µg (29.15%), Fiber: 5.67g (22.68%), Copper: 0.25mg (12.53%), Phosphorus: 121.72mg (12.17%), Iron: 2mg (11.09%), Magnesium: 36.89mg (9.22%), Potassium: 295.23mg (8.44%), Vitamin C: 6.74mg (8.17%), Vitamin B6: 0.16mg (8.13%), Zinc: 1.06mg (7.07%), Vitamin B1: 0.1mg (6.62%), Vitamin A: 306.77IU (6.14%), Vitamin K: 5.98µg (5.7%), Calcium: 43.71mg (4.37%), Vitamin E: 0.64mg (4.28%), Selenium: 2.61µg (3.72%), Vitamin B2: 0.06mg (3.27%), Vitamin B3: 0.51mg (2.55%), Vitamin B5: 0.25mg (2.51%)