



Chana Masala (Chickpeas and Tomatoes)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bay leaf
- ☐ 30 ounce chickpeas drained and rinsed canned garbanzo beans
- ☐ 16 ounce coconut milk canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon ground coriander

- ☐ 1.5 teaspoons ground ginger
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 teaspoon ground turmeric
- ☐ 1 onion chopped
- ☐ 2 teaspoons paprika
- ☐ 4 servings salt to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 0.8 cup water divided

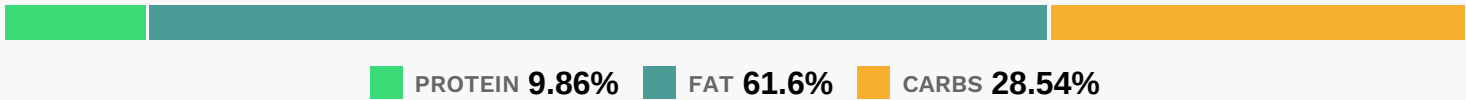
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a 6-quart Dutch oven or large heavy pot over medium heat; saute onion until translucent, 5 to 10 minutes.
- ☐ Add garlic and saute until softened and fragrant, about 5 minutes.
- ☐ Add 1/4 cup water, coriander, paprika, ginger, turmeric, cayenne pepper, black pepper, and cinnamon to onion mixture; cook and stir until fragrant, 2 to 3 minutes.
- ☐ Stir chickpeas, tomatoes in juice, remaining 1/2 cup water, and bay leaf into onion mixture; bring to a boil. Reduce heat and simmer until flavors have blended, about 10 minutes. Stir coconut milk into chickpea and tomato mixture; simmer for 2 to 3 more minutes.
- ☐ Add more water if needed and season with salt.

Nutrition Facts



Properties

Glycemic Index:46.58, Glycemic Load:8.49, Inflammation Score:-10, Nutrition Score:21.06260869814%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 531.77kcal (26.59%), Fat: 38.42g (59.12%), Saturated Fat: 25.48g (159.28%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 26.54g (9.65%), Sugar: 5.12g (5.69%), Cholesterol: 0mg (0%), Sodium: 806.9mg (35.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.67%), Manganese: 3.18mg (158.92%), Vitamin B6: 1.12mg (56.22%), Fiber: 13.51g (54.03%), Copper: 0.67mg (33.74%), Phosphorus: 304mg (30.4%), Iron: 5.35mg (29.73%), Magnesium: 111.59mg (27.9%), Potassium: 712.52mg (20.36%), Folate: 77.52µg (19.38%), Selenium: 12.38µg (17.68%), Zinc: 2.44mg (16.3%), Vitamin K: 13.84µg (13.18%), Vitamin A: 579.36IU (11.59%), Calcium: 115.91mg (11.59%), Vitamin B5: 0.91mg (9.11%), Vitamin B1: 0.12mg (7.97%), Vitamin C: 6.17mg (7.48%), Vitamin E: 1.08mg (7.19%), Vitamin B3: 1.41mg (7.07%), Vitamin B2: 0.06mg (3.52%)