



 **42%**
HEALTH SCORE

Chana Masala in Minty Yogurt sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



661 kcal

SAUCE

Ingredients

- 2 bay leaves
- 30 oz garbanzo beans canned
- 2 teaspoons chana dal
- 2 teaspoons ground coriander
- 1 teaspoon cumin seeds
- 2 cloves garlic
- 0.5 piece ginger
- 0.5 cup mint leaves

- 2 tablespoons cooking oil
- 1 onion finely chopped
- 0.5 teaspoon chili powder red
- 2 servings salt to taste
- 2 tomatoes
- 0.5 teaspoon turmeric
- 1 cup yogurt

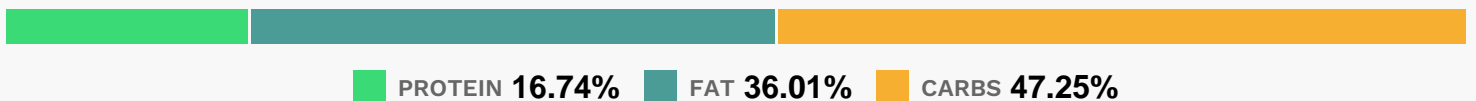
Equipment

- frying pan

Directions

- Blend together the tomatoes, ginger, garlic and mint leaves to a smooth paste. No need to add water.
- Heat oil in a large pan and add cumin seeds and bay leaves. Fry for 10 seconds and add the chopped onion and saute until soft.
- Add coriander powder, chana masala powder and turmeric powder and chili powder. Fry for 2 minutes.
- Add the ground tomato paste, mix well and fry until oil separates.
- Add the canned or cooked chana/chick peas and salt and mix well. Cook for 7-8 minutes. Lower the heat to simmer and add yogurt.
- Mix thoroughly. If needed, add 1/4 cup of water.
- Let it simmer for 5 minutes and remove from heat.
- Serve hot with rice, roti or naan.

Nutrition Facts



Properties

Glycemic Index:89.67, Glycemic Load:19.42, Inflammation Score:-10, Nutrition Score:36.149130434783%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 11.93mg, Quercetin: 11.93mg, Quercetin: 11.93mg, Quercetin: 11.93mg

Taste

Sweetness: 80.76%, Saltiness: 31.65%, Sourness: 81.97%, Bitterness: 20.83%, Savoriness: 19.11%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 661.39kcal (33.07%), Fat: 27.59g (42.45%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 81.45g (27.15%), Net Carbohydrates: 56.79g (20.65%), Sugar: 11.53g (12.81%), Cholesterol: 15.93mg (5.31%), Sodium: 1455.68mg (63.29%), Protein: 28.87g (57.73%), Manganese: 4.01mg (200.43%), Vitamin B6: 2.3mg (114.75%), Fiber: 24.66g (98.64%), Phosphorus: 531.56mg (53.16%), Iron: 7.91mg (43.96%), Magnesium: 171.14mg (42.79%), Copper: 0.84mg (42.12%), Folate: 157.51µg (39.38%), Calcium: 391.46mg (39.15%), Potassium: 1323.5mg (37.81%), Vitamin A: 1856.06IU (37.12%), Vitamin C: 27.24mg (33.01%), Zinc: 4.31mg (28.76%), Vitamin E: 3.45mg (22.97%), Vitamin B5: 1.99mg (19.89%), Vitamin K: 20.87µg (19.87%), Vitamin B2: 0.33mg (19.13%), Vitamin B1: 0.27mg (18.08%), Selenium: 12.62µg (18.02%), Vitamin B3: 1.84mg (9.2%), Vitamin B12: 0.45µg (7.55%)