



 **100%**  
HEALTH SCORE

## Chana Palak Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces baby spinach fresh
- 12 ounces tomatoes whole canned peeled ()
- 15 ounces chickpeas drained and rinsed
- 0.5 tsp coriander
- 0.5 tsp cumin
- 0.5 tsp mild curry powder
- 1 tsp garam masala
- 0.3 tsp ground ginger

- 1 tsp juice of lemon
- 1 small onion diced
- 1 dash pepper flakes red
- 0.5 tsp turmeric
- 1 cup vegetable broth
- 2 garlic cloves whole minced

## Equipment

- pot
- spatula

## Directions

- In a large pot, saute onions and garlic in 1/4 cup of water. Once onions are translucent, add spinach, chickpeas, tomatoes with their juices and broth. Cover and cook over medium heat until spinach cooks down and is deep green. Uncover and break tomatoes apart using a spatula or spoon.
- Add all spices except garam masala, also add lemon juice if using. Cover and cook for 3 minutes.
- Add 1/2 garam masala and cook for 2 more minutes more. Taste, adding additional garam masala if desired plus salt and pepper if needed. Turn heat off and allow to sit for 5 minutes.
- Serve with whole wheat roti, naan or tortillas. Nutritional Information
- Amount Per Serving
- Calories
- Fat
- Carbohydrate
- gDietary Fiber10.10gSugars7.30gProtein12.10g

## Nutrition Facts



PROTEIN 21.67%  FAT 12.79%  CARBS 65.54%

## Properties

Glycemic Index:103.38, Glycemic Load:13.33, Inflammation Score:-10, Nutrition Score:49.435651945031%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 11.1mg, Kaempferol: 11.1mg, Kaempferol: 11.1mg, Kaempferol: 11.1mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg

## Nutrients (% of daily need)

Calories: 451.98kcal (22.6%), Fat: 6.82g (10.5%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 78.71g (26.24%), Net Carbohydrates: 55.87g (20.32%), Sugar: 17.6g (19.55%), Cholesterol: 0mg (0%), Sodium: 867.32mg (37.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.05%), Vitamin K: 835.93µg (796.12%), Vitamin A: 16485.68IU (329.71%), Manganese: 4.1mg (204.97%), Folate: 717.64µg (179.41%), Fiber: 22.84g (91.36%), Vitamin C: 71.12mg (86.21%), Iron: 13.29mg (73.84%), Magnesium: 264.27mg (66.07%), Potassium: 1987.98mg (56.8%), Copper: 1.12mg (56.17%), Phosphorus: 494.06mg (49.41%), Vitamin B6: 0.92mg (45.84%), Vitamin E: 5.53mg (36.87%), Calcium: 347.43mg (34.74%), Vitamin B2: 0.57mg (33.37%), Vitamin B1: 0.48mg (32.27%), Zinc: 4.57mg (30.45%), Vitamin B3: 3.72mg (18.61%), Selenium: 10.61µg (15.16%), Vitamin B5: 0.99mg (9.85%)