



Channa Masala (Chickpea Curry)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- 30 ounce garbanzo beans rinsed drained canned
- 1 teaspoon cumin seeds
- 1 teaspoon curry powder
- 1 teaspoon cilantro leaves fresh chopped
- 1 inch ginger fresh peeled roughly chopped
- 1 tablespoon olive oil
- 1 onion chopped
- 1 tablespoon rice flour

- 1 teaspoon salt
- 2 tomatoes diced

Equipment

- frying pan
- blender

Directions

- Combine the tomatoes, about half the onion, the ginger, and rice flour in a blender; blend into a paste.
- Heat the oil and cumin seeds in a large skillet over medium-high heat until the cumin swells and turns golden brown. Cook the remaining onion in the hot oil for about 3 minutes. Stir the blended tomato mixture, garbanzo beans, curry powder, and salt into the onions; cover and cook until hot, about 5 minutes.
- Garnish with the cilantro to serve.

Nutrition Facts



PROTEIN 17.68% **FAT 27.49%** **CARBS 54.83%**

Properties

Glycemic Index:57.58, Glycemic Load:10.04, Inflammation Score:-7, Nutrition Score:16.94826093964%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 251.89kcal (12.59%), Fat: 8.02g (12.33%), Saturated Fat: 0.98g (6.09%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 25.11g (9.13%), Sugar: 2.84g (3.16%), Cholesterol: 0mg (0%), Sodium: 1178.04mg (51.22%), Alcohol: 0g (100%), Protein: 11.6g (23.2%), Manganese: 1.91mg (95.55%), Vitamin B6: 1.11mg (55.34%), Fiber: 10.86g (43.44%), Phosphorus: 199.52mg (19.95%), Copper: 0.39mg (19.38%), Iron: 3.36mg (18.67%), Magnesium: 71.45mg (17.86%), Folate: 68.71µg (17.18%), Potassium: 517.71mg (14.79%), Vitamin C: 10.86mg (13.17%), Zinc: 1.69mg (11.23%),

Vitamin A: 557.71IU (11.15%), Calcium: 94.82mg (9.48%), Vitamin B5: 0.74mg (7.43%), Vitamin B1: 0.11mg (7.39%),
Vitamin K: 7.68µg (7.32%), Selenium: 4.8µg (6.86%), Vitamin E: 0.98mg (6.5%), Vitamin B3: 0.78mg (3.88%),
Vitamin B2: 0.06mg (3.24%)