



Chick Pea and Tomato Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 oz garbanzo beans rinsed drained canned
- ☐ 0.5 teaspoon coarse salt (kosher or sea salt)
- ☐ 1 tablespoon curry powder
- ☐ 29 oz canned tomatoes diced fire roasted organic undrained muir glen® canned
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon vegetable oil

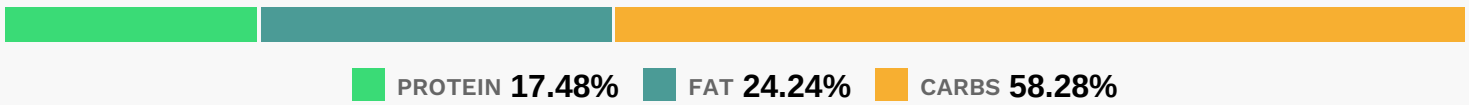
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat. Cook onion, garlic, gingerroot and curry powder in oil about 2 minutes, stirring frequently, until onion is tender.
- ☐ Stir in chick peas and tomatoes.
- ☐ Heat to boiling. Reduce heat; simmer uncovered 15 minutes, stirring occasionally. Stir in cilantro, lemon juice and salt.
- ☐ Serve over rice; top each serving with yogurt.

Nutrition Facts



Properties

Glycemic Index:24.89, Glycemic Load:5.66, Inflammation Score:-6, Nutrition Score:11.543043509774%

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 Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 188.9kcal (9.44%), Fat: 5.21g (8.02%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 20.24g (7.36%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 800.96mg (34.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.91%), Manganese: 1.25mg (62.69%), Vitamin B6: 0.72mg (36.08%), Fiber: 7.95g (31.8%), Iron: 2.87mg (15.93%), Vitamin A: 669.74IU (13.39%), Phosphorus: 124.29mg (12.43%), Copper: 0.24mg (12.04%), Magnesium: 43.52mg (10.88%), Calcium: 102.63mg (10.26%), Folate: 41.01µg (10.25%), Vitamin K: 9.38µg (8.93%), Potassium: 259.43mg (7.41%), Zinc: 1.07mg (7.14%), Vitamin C: 5.56mg (6.74%),

Selenium: 3.31µg (4.73%), Vitamin B5: 0.46mg (4.62%), Vitamin B1: 0.06mg (3.92%), Vitamin E: 0.45mg (3%),
Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.27mg (1.35%)