



Chickpea and Cauliflower Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



287 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 12 peppercorns black
- ☐ 4 cardamom pods
- ☐ 6 cups cauliflower florets
- ☐ 1 serrano chile pepper chopped for less heat remove seeds
- ☐ 1 cinnamon sticks
- ☐ 0.5 pound chickpeas dried
- ☐ 0.5 cup cilantro leaves fresh chopped

- ☐ 4 cloves garlic
- ☐ 1 piece ginger peeled chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 juice of lemon
- ☐ 6 servings kosher salt
- ☐ 0.5 pound okra fresh frozen thawed halved lengthwise , if
- ☐ 2 onions; 1 diced red quartered
- ☐ 2 plum tomatoes diced
- ☐ 0.1 teaspoon turmeric
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ cheesecloth
- ☐ kitchen twine

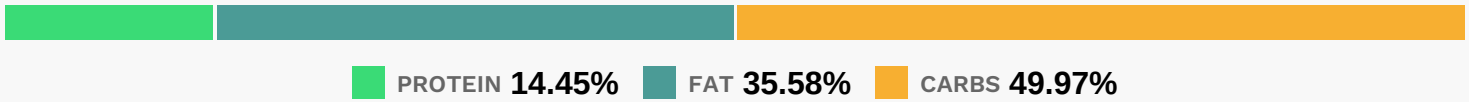
Directions

- ☐ Soak the chickpeas overnight in a bowl of cold water; drain and place in a large pot.
- ☐ Wrap the bay leaves, cinnamon stick, cardamom, cloves and peppercorns in a piece of cheesecloth and tie with twine.
- ☐ Add to the pot along with 8 cups water and bring to a boil over medium-high heat, skimming off any foam from the surface. Reduce the heat to medium and simmer until the chickpeas are tender, about 50 minutes. Strain the chickpeas, reserving the cooking liquid and spice bundle.
- ☐ Meanwhile, pulse the quartered onion, ginger and garlic in a mini food processor to form a paste.
- ☐ Heat the vegetable oil in a large pot over medium-high heat.

- ☐
- Add the diced onion and cook until browned, 6 to 10 minutes.

☐☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:46.42, Glycemic Load:6.07, Inflammation Score:-9, Nutrition Score:26.419999868973%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.95mg, Quercetin: 16.95mg, Quercetin: 16.95mg, Quercetin: 16.95mg

Nutrients (% of daily need)

Calories: 287.47kcal (14.37%), Fat: 12.05g (18.54%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 26.4g (9.6%), Sugar: 8.85g (9.83%), Cholesterol: 0mg (0%), Sodium: 240.24mg (10.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.03%), Manganese: 1.92mg (96.13%), Vitamin C: 67.77mg (82.14%), Folate: 302.71µg (75.68%), Vitamin K: 54.04µg (51.46%), Fiber: 11.67g (46.67%), Vitamin B6: 0.57mg (28.57%), Potassium: 902.72mg (25.79%), Magnesium: 93.46mg (23.37%), Phosphorus: 231.45mg (23.15%), Vitamin B1: 0.34mg (22.86%), Copper: 0.46mg (22.77%), Iron: 3.76mg (20.89%), Vitamin B5: 1.46mg (14.59%), Zinc: 2.06mg (13.75%), Calcium: 124.89mg (12.49%), Vitamin A: 577.79IU (11.56%), Vitamin B2: 0.19mg (11.05%), Vitamin E: 1.43mg (9.56%), Vitamin B3: 1.74mg (8.68%), Selenium: 4.55µg (6.5%)