



Chickpea and Chicken Curry

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce garbanzo beans drained and rinsed canned (chickpeas)
- 6 ounce chicken breast half boneless skinless cut into cubes
- 4 sprigs cilantro leaves for garnish
- 1 tablespoon curry powder
- 3 cloves garlic minced
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.3 teaspoon ground pepper black

- 1 tablespoon catsup
- 1 tablespoon olive oil
- 1 large onion diced
- 1 teaspoon salt
- 6 ounce tomato paste canned

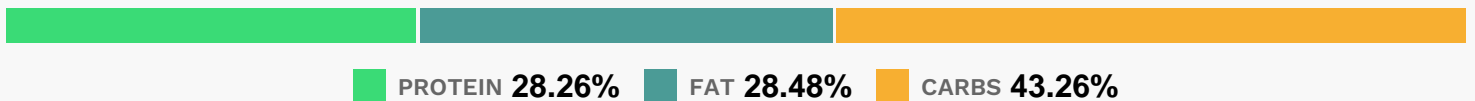
Equipment

- frying pan

Directions

- Heat the olive oil in a skillet over medium-high heat. Cook and stir the onion and chicken until the onion is dark brown, and the chicken is golden, about 5 minutes. Reduce the heat to medium, and stir in the garlic, curry powder, cinnamon, and clove. Cook and stir until the spices are fragrant and the garlic has softened slightly, 1 to 2 minutes.
- Add the garbanzo beans, ketchup, tomato paste, lemon juice, salt, black pepper, and water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and cook 10 minutes. Uncover, and increase heat to medium-high, and allow the sauce to reduce to your desired consistency. Stir in additional water if too thick.
- Garnish with cilantro to serve.

Nutrition Facts



Properties

Glycemic Index:52.33, Glycemic Load:5.8, Inflammation Score:-6, Nutrition Score:16.10043489026%

Flavonoids

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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg, Quercetin: 8.86mg

Nutrients (% of daily need)

Calories: 216kcal (10.8%), Fat: 7.09g (10.91%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 17.15g (6.24%), Sugar: 4.36g (4.84%), Cholesterol: 27.22mg (9.07%), Sodium: 1020.56mg (44.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.83g (31.66%), Manganese: 1.3mg (64.86%), Vitamin B6: 0.99mg (49.31%), Fiber: 7.08g (28.33%), Vitamin B3: 5.29mg (26.46%), Selenium: 16.83µg (24.04%), Phosphorus: 210.2mg (21.02%), Potassium: 549.3mg (15.69%), Iron: 2.72mg (15.13%), Copper: 0.3mg (14.9%), Magnesium: 58.31mg (14.58%), Vitamin K: 13.67µg (13.02%), Folate: 45.11µg (11.28%), Vitamin B5: 1.12mg (11.2%), Vitamin C: 8.95mg (10.85%), Vitamin E: 1.59mg (10.6%), Zinc: 1.28mg (8.52%), Calcium: 82.46mg (8.25%), Vitamin B1: 0.12mg (8.07%), Vitamin B2: 0.11mg (6.35%), Vitamin A: 307.43IU (6.15%), Vitamin B12: 0.09µg (1.42%)