



Chickpea and Chicken Curry



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



217 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 juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion diced
- ☐ 1 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 1 cup water or as needed

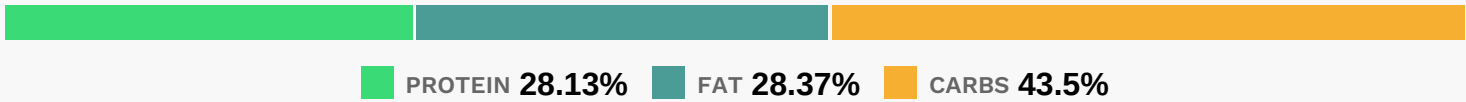
Equipment

- ☐ 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:16.248695525138%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 216.82kcal (10.84%), Fat: 7.1g (10.92%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 17.4g (6.33%), Sugar: 4.45g (4.95%), Cholesterol: 27.22mg (9.07%), Sodium: 1023.56mg (44.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.84g (31.68%), Manganese: 1.3mg (64.89%), Vitamin B6: 0.99mg (49.39%), Fiber: 7.09g (28.37%), Vitamin B3: 5.3mg (26.48%), Selenium: 16.83µg (24.05%), Phosphorus: 210.5mg (21.05%), Potassium: 553.16mg (15.8%), Copper: 0.31mg (15.4%), Iron: 2.73mg (15.15%), Magnesium: 59.12mg (14.78%), Vitamin K: 13.67µg (13.02%), Vitamin C: 10.4mg (12.61%), Folate: 45.86µg (11.46%), Vitamin B5: 1.13mg (11.25%), Vitamin E: 1.6mg (10.64%), Zinc: 1.29mg (8.57%), Calcium: 84.46mg (8.45%), Vitamin B1: 0.12mg (8.13%), Vitamin B2: 0.11mg (6.38%), Vitamin A: 307.65IU (6.15%), Vitamin B12: 0.09µg (1.42%)