



Chickpea and Spinach Curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1.5 teaspoons curry powder red (such as McCormick)
- ☐ 1.5 tablespoons ground ginger fresh (such as Spice World)
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 cups pkt spinach fresh

- ☐ 1.5 teaspoons sugar
- ☐ 0.5 cup water

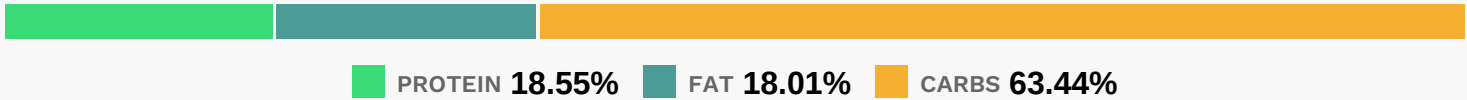
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Combine onion and ginger in a food processor; pulse until minced.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion mixture, sugar, and curry to pan; saut 3 minutes.
- ☐ Add chickpeas and tomatoes; simmer 2 minutes. Stir in spinach, water, and salt; cook 1 minute or until spinach wilts.

Nutrition Facts



Properties

Glycemic Index:70.81, Glycemic Load:12.08, Inflammation Score:-10, Nutrition Score:31.410869681317%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg, Quercetin: 12.41mg

Nutrients (% of daily need)

Calories: 263.49kcal (13.17%), Fat: 5.68g (8.74%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 32.03g (11.65%), Sugar: 10.57g (11.74%), Cholesterol: 0mg (0%), Sodium: 910.75mg (39.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.33%), Vitamin K: 202.5µg (192.85%), Manganese: 3.02mg (151.15%), Vitamin A: 4084.01IU (81.68%), Vitamin B6: 1.22mg (61.2%), Fiber: 12.97g (51.9%), Folate: 152.3µg (38.07%), Vitamin C: 28.1mg (34.07%), Iron: 5.99mg (33.26%), Copper: 0.63mg (31.25%), Magnesium: 121.1mg (30.28%), Potassium: 1009.61mg (28.85%), Phosphorus: 230.24mg (23.02%), Vitamin E: 2.95mg (19.65%), Calcium: 170.26mg (17.03%), Vitamin B1: 0.22mg (14.64%), Zinc: 2.05mg (13.65%), Vitamin B3: 2.53mg (12.67%), Vitamin B2: 0.2mg

(11.51%), Vitamin B5: 1.02mg (10.21%), Selenium: 6.66µg (9.51%)