



Chickpea and Tomato Curry



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 1 tablespoon ginger finely chopped
- ☐ 1 tablespoon curry powder
- ☐ 30 oz garbanzo beans rinsed drained canned
- ☐ 29 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 0.5 cup cilantro leaves fresh finely chopped

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon coarse salt (kosher or sea salt)
- ☐ 1 serving rice hot cooked
- ☐ 1 serving yogurt plain

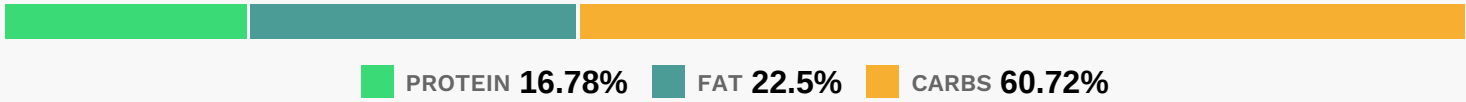
Equipment

- ☐ 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 chickpeas 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:46.22, Glycemic Load:9.64, Inflammation Score:-6, Nutrition Score:11.929565196857%

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: 206.12kcal (10.31%), Fat: 5.25g (8.08%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 23.9g (8.69%), Sugar: 3.88g (4.31%), Cholesterol: 0.02mg (0.01%), Sodium: 801.17mg (34.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.63%), Manganese: 1.32mg (65.8%), Vitamin B6:

0.73mg (36.69%), Fiber: 8g (32.01%), Iron: 2.89mg (16.08%), Vitamin A: 669.9IU (13.4%), Phosphorus: 130.11mg (13.01%), Copper: 0.25mg (12.5%), Magnesium: 45.12mg (11.28%), Calcium: 104.15mg (10.41%), Folate: 41.42µg (10.35%), Vitamin K: 9.38µg (8.93%), Zinc: 1.14mg (7.58%), Potassium: 264.3mg (7.55%), Vitamin C: 5.56mg (6.74%), Selenium: 4.3µg (6.14%), Vitamin B5: 0.51mg (5.14%), Vitamin B1: 0.06mg (4.1%), Vitamin E: 0.45mg (3.03%), Vitamin B2: 0.03mg (2.01%), Vitamin B3: 0.32mg (1.62%)