



Chickpea Curry

Vegetarian Vegan Gluten Free Dairy Free Popular

READY IN

ready

40 min.

SERVINGS

servings

8

CALORIES

calories

141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce garbanzo beans canned
- ☐ 1 teaspoon cayenne pepper
- ☐ 4 inch cinnamon crushed
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger root fresh finely chopped
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 1 teaspoon ground turmeric
- ☐ 2 onions minced
- ☐ 8 servings salt
- ☐ 2 tablespoons vegetable oil

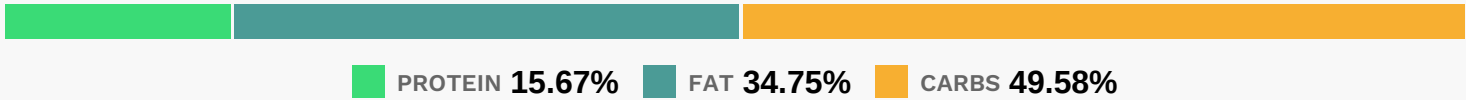
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large frying pan over medium heat, and fry onions until tender.
- ☐ Stir in garlic, ginger, cloves, cinnamon, cumin, coriander, salt, cayenne, and turmeric. Cook for 1 minute over medium heat, stirring constantly.
- ☐ Mix in garbanzo beans and their liquid. Continue to cook and stir until all ingredients are well blended and heated through.
- ☐ Remove from heat. Stir in cilantro just before serving, reserving 1 tablespoon for garnish.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:4.59, Inflammation Score:-9, Nutrition Score:8.9852173172909%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 141.18kcal (7.06%), Fat: 5.69g (8.76%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 12.53g (4.56%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 492.27mg (21.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Manganese: 1.05mg (52.64%), Vitamin B6: 0.56mg (28.07%), Fiber: 5.74g (22.98%), Vitamin K: 12.98µg (12.36%), Iron: 1.79mg (9.95%), Phosphorus: 99.29mg (9.93%), Copper: 0.19mg (9.51%), Magnesium: 35.28mg (8.82%), Folate: 33.54µg (8.38%), Potassium: 229.92mg (6.57%), Zinc:

0.85mg (5.67%), Calcium: 56.37mg (5.64%), Vitamin A: 260.2IU (5.2%), Vitamin C: 3.29mg (3.98%), Vitamin B5: 0.37mg (3.7%), Selenium: 2.52µg (3.6%), Vitamin B1: 0.05mg (3.54%), Vitamin E: 0.44mg (2.92%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.26mg (1.3%)