



Chickpea Curry with Basmati Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 3.5 ounce brown rice
- ☐ 30 ounce garbanzo beans rinsed drained canned
- ☐ 15 ounce canned tomatoes unsalted crushed canned
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1.5 teaspoons garam masala
- ☐ 1 large onion diced

- ☐ 0.5 cup greek yogurt plain 2%
- ☐ 0.5 teaspoon salt

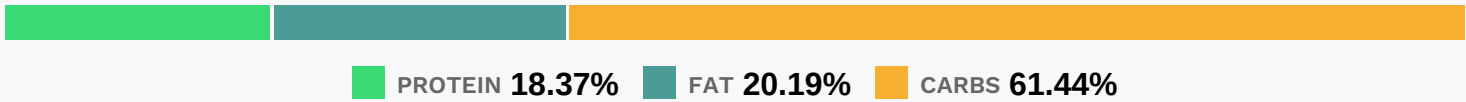
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook rice according to package directions; drain.
- ☐ While rice cooks, heat a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; saut 5 minutes or until tender, stirring frequently. Stir in garam masala; cook 30 seconds, stirring constantly.
- ☐ Add chickpeas, tomatoes, and spinach; cook 2 minutes or until spinach wilts, stirring occasionally.
- ☐ Remove from heat; stir in yogurt and salt.
- ☐ Sprinkle with cilantro.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:57.02, Glycemic Load:21.55, Inflammation Score:-10, Nutrition Score:34.269564960314%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg, Quercetin: 9.83mg

Nutrients (% of daily need)

Calories: 385.12kcal (19.26%), Fat: 9g (13.85%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 61.65g (20.55%), Net Carbohydrates: 47.69g (17.34%), Sugar: 7.27g (8.08%), Cholesterol: 1.25mg (0.42%), Sodium: 1068.16mg (46.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.86%), Vitamin K: 216.77µg (206.45%), Manganese: 3.3mg (164.97%), Vitamin A: 4317.19IU (86.34%), Vitamin B6: 1.44mg (71.84%), Fiber: 13.96g (55.84%), Folate: 163.93µg (40.98%), Magnesium: 154.5mg (38.63%), Phosphorus: 335.8mg (33.58%), Copper: 0.67mg (33.26%), Iron: 5.71mg (31.74%), Vitamin C: 24.99mg (30.29%), Potassium: 1016.7mg (29.05%), Vitamin B1: 0.31mg (20.45%), Calcium: 198.07mg (19.81%), Vitamin E: 2.84mg (18.93%), Zinc: 2.68mg (17.88%), Vitamin B2: 0.26mg (15.31%), Vitamin B3: 3.06mg (15.3%), Vitamin B5: 1.46mg (14.64%), Selenium: 7.99µg (11.41%), Vitamin B12: 0.17µg (2.92%)