



HEALTH SCORE

100%

Chickpea Curry with Roasted Cauliflower and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 cups baby spinach
- 1 pound cauliflower trimmed cut into florets
- 1.5 pints cherry tomatoes
- 3 cups chickpeas drained and rinsed cooked
- 4 servings salt and pepper freshly ground
- 1 tablespoon curry powder
- 1 tablespoon cilantro leaves fresh chopped

- 1 tablespoon ginger fresh minced peeled
- 3 garlic clove minced
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 large onion yellow cut into medium dice

Equipment

- bowl
- baking sheet
- oven
- pot

Directions

- Preheat oven to 375°F. Toss cauliflower with 1 teaspoon olive oil and arrange in a single layer on one side of a rimmed baking sheet. Toss tomatoes with 1 teaspoon olive oil and arrange on other side of sheet. Season with salt and pepper. Roast until florets are browned in spots and tomatoes are soft, about 25 minutes.
- In a medium pot, heat 2 teaspoons oil over medium-high. Cook onion, stirring occasionally, until golden brown, about 10 minutes.
- Add garlic, ginger, and curry powder and cook, stirring, until fragrant, about 1 minute.
- Add chickpeas, tomatoes, and 2 cups water; bring to a boil. Reduce heat to medium, cover, and simmer 8 minutes.
- Add cauliflower and cook until warmed through and chickpeas are tender, about 8 minutes. Stir in spinach and cilantro and season with salt. To serve, divide among 4 bowls (over rice, if desired).

Other

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Nutrition Facts

PROTEIN 17.19% FAT 26.57% CARBS 56.24%

Properties

Glycemic Index:49.69, Glycemic Load:8.48, Inflammation Score:-10, Nutrition Score:35.68521765004%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg, Quercetin: 10.3mg

Nutrients (% of daily need)

Calories: 352.85kcal (17.64%), Fat: 11.04g (16.99%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 38.1g (13.86%), Sugar: 14.25g (15.83%), Cholesterol: 0mg (0%), Sodium: 273.83mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.15%), Vitamin C: 105.74mg (128.18%), Vitamin K: 124.24µg (118.32%), Manganese: 1.95mg (97.62%), Folate: 345.4µg (86.35%), Fiber: 14.49g (57.96%), Vitamin A: 2681.57IU (53.63%), Potassium: 1283.25mg (36.66%), Iron: 6.36mg (35.33%), Copper: 0.67mg (33.63%), Phosphorus: 335.6mg (33.56%), Vitamin B6: 0.65mg (32.47%), Magnesium: 115.74mg (28.93%), Vitamin E: 3.25mg (21.66%), Vitamin B1: 0.3mg (20.26%), Zinc: 2.69mg (17.96%), Calcium: 143.7mg (14.37%), Vitamin B5: 1.41mg (14.13%), Vitamin B2: 0.24mg (13.98%), Vitamin B3: 2.43mg (12.14%), Selenium: 7.08µg (10.12%)