



Chickpea Curry with Yogurt



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 31 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 6 cardamom pods
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 1 teaspoon coriander seeds
- ☐ 2 teaspoons cumin seeds
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons ginger fresh minced peeled

- ☐ 2 teaspoons garam masala
- ☐ 4 garlic cloves minced
- ☐ 1.5 cups onion chopped
- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 0.5 cup plum tomatoes chopped (1 large)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup milk yogurt plain whole
- ☐ 1 cup water

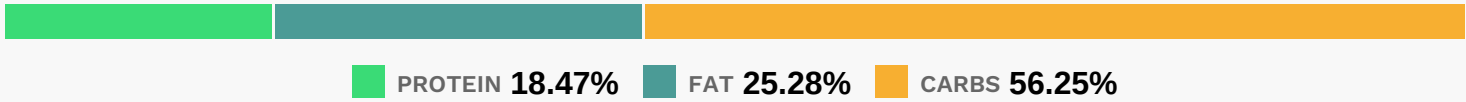
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add cumin, coriander, cardamom, bay leaves, and cinnamon sticks; cook 30 seconds or until fragrant, stirring constantly.
- ☐ Add onion, and cook for 2 minutes, stirring frequently.
- ☐ Add ginger and garlic; cook 30 seconds, stirring constantly. Stir in garam masala, and cook 10 seconds, stirring constantly. Stir in 1 cup water, tomato, salt, and chickpeas; bring to a simmer. Cook 5 minutes, stirring occasionally.
- ☐ Remove from heat; discard cinnamon sticks and bay leaves. Stir in yogurt and cilantro.

Nutrition Facts



Properties

Glycemic Index:54.08, Glycemic Load:10.61, Inflammation Score:-8, Nutrition Score:20.600000035504%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg, Quercetin: 13.46mg

Nutrients (% of daily need)

Calories: 308.49kcal (15.42%), Fat: 9.11g (14.01%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 32.08g (11.66%), Sugar: 6.34g (7.05%), Cholesterol: 7.96mg (2.65%), Sodium: 941.64mg (40.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.95%), Manganese: 3.17mg (158.54%), Vitamin B6: 1.22mg (60.76%), Fiber: 13.52g (54.06%), Phosphorus: 278.74mg (27.87%), Iron: 4.38mg (24.34%), Magnesium: 92.59mg (23.15%), Copper: 0.44mg (22.24%), Calcium: 219.35mg (21.93%), Folate: 77.06µg (19.27%), Potassium: 671.63mg (19.19%), Zinc: 2.42mg (16.15%), Vitamin C: 11.57mg (14.02%), Vitamin B5: 1.04mg (10.38%), Vitamin A: 497.33IU (9.95%), Vitamin B1: 0.15mg (9.91%), Selenium: 6.75µg (9.64%), Vitamin B2: 0.16mg (9.45%), Vitamin K: 9.57µg (9.11%), Vitamin E: 0.66mg (4.39%), Vitamin B3: 0.76mg (3.8%), Vitamin B12: 0.23µg (3.78%)