



HEALTH SCORE

72%

Chickpea Potato Curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups vegetable broth
- ☐ 30 ounce chickpeas drained and rinsed cooked canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced with chiles (see muir glen. if you can't find canned tomatoes with chiles you can add half a 4-ounce can of green anaheim chiles to a 14.5 ounce can of tomatoes.) canned
- ☐ 12 ounces baby yukon gold potatoes quartered (new)
- ☐ 2 cups onion diced
- ☐ 2 tablespoons butter unsalted canned (or ghee if you have it, or you can sub extra virgin olive oil)
- ☐ 2 teaspoons ginger minced
- ☐ 1 teaspoons salt

- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground coriander
- ☐ 0.1 teaspoon cayenne pepper to taste ()

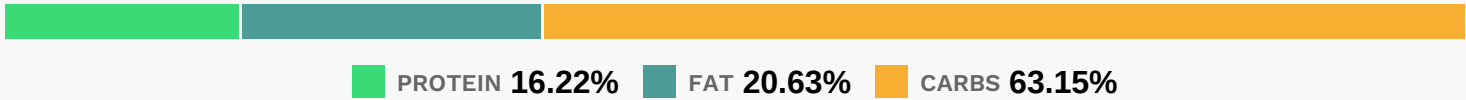
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Sauté onions and ginger: In a large pot, heat the butter over medium-high heat and sauté the onions and ginger until the onion begins to brown, about 4-5 minutes.
- ☐ Add the salt, cumin, coriander and cayenne, stir to combine and cook for another minute or two.
- ☐ Add the remaining ingredients, stir to mix and simmer vigorously for about 35 minutes, or until the potatoes are tender.
- ☐ Add more salt to taste.
- ☐ Serve the curry in bowls over rice. Great accompanied with plain yogurt.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:26.37, Inflammation Score:-9, Nutrition Score:33.897391194883%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg

Nutrients (% of daily need)

Calories: 552.66kcal (27.63%), Fat: 13.17g (20.26%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 90.71g (30.24%), Net Carbohydrates: 69.07g (25.12%), Sugar: 20.07g (22.3%), Cholesterol: 0mg (0%), Sodium: 1329.01mg (57.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.3g (46.6%), Manganese: 2.64mg (132.13%), Folate: 408.1µg (102.03%), Fiber: 21.64g (86.57%), Copper: 1.07mg (53.58%), Iron: 8.78mg (48.78%), Phosphorus: 466.83mg (46.68%), Vitamin C: 35.13mg (42.59%), Potassium: 1415.56mg (40.44%), Vitamin B6: 0.8mg (40.09%), Magnesium: 154.19mg (38.55%), Vitamin B1: 0.43mg (28.89%), Zinc: 3.97mg (26.45%), Vitamin E: 3.1mg (20.66%), Vitamin K: 20.18µg (19.22%), Calcium: 176.61mg (17.66%), Vitamin B3: 3.41mg (17.05%), Vitamin B2: 0.24mg (14.13%), Selenium: 9.31µg (13.3%), Vitamin A: 626.86IU (12.54%), Vitamin B5: 1.25mg (12.46%)