



## Chickpea, Spinach and Mushroom Sauté



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



3

CALORIES



361 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 tsp basil dried
- ☐ 1.5 cups chickpeas dry drained and rinsed cooked canned (15 oz. each)
- ☐ 0.5 tsp garlic crushed
- ☐ 5 oz pkt spinach packed
- ☐ 3 tbsp olive oil
- ☐ 3 servings bacon with lid
- ☐ 0.3 tsp paprika
- ☐ 0.5 tsp pepper red crushed to taste

- ☐ 2 tbsp roasted sunflower seeds salted (optional topping)
- ☐ 3 servings salt and pepper black to taste
- ☐ 2 tbsp water
- ☐ 8 oz mushrooms white sliced

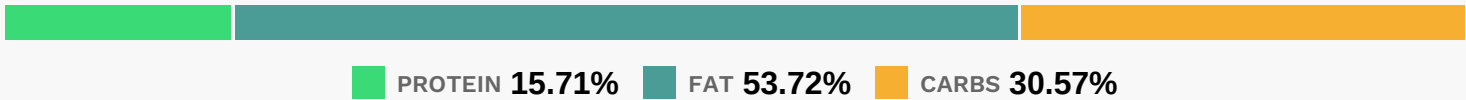
## Equipment

- ☐ frying pan

## Directions

- ☐ Save Recipe
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- ☐ Chickpea, Spinach and Mushroom Sauté
- ☐ Ingredients3 tbsp olive oil8 oz. sliced white mushrooms1/2 tsp crushed red pepper flakes, or more to taste1/2 tsp dried basil1/4 tsp paprika1/2 tsp crushed garlic3 1/2 cups soaked and cooked chickpeas/garbanzo beans (1 1/2 cups dry) OR 2 cans chickpeas/garbanzo beans (15 oz. each), drained and rinsed2 tbsp water3 cups (5 oz.) spinach or baby kale, tightly packed
- ☐ Salt and black pepper to taste2 tbsp roasted salted sunflower seeds (optional topping)You will also need
- ☐ Large sauté pan with lid
- ☐ Total Time: 15 Minutes
- ☐ Servings: 3 entree portions, 6 side portions
- ☐ Kosher Key: Pareve

## Nutrition Facts



## Properties

Glycemic Index:44.92, Glycemic Load:5, Inflammation Score:-10, Nutrition Score:32.084782258324%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 360.69kcal (18.03%), Fat: 22.53g (34.66%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 19.83g (7.21%), Sugar: 5.89g (6.55%), Cholesterol: 6.93mg (2.31%), Sodium: 413.74mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.64%), Vitamin K: 244.64µg (232.99%), Vitamin A: 4650.9IU (93.02%), Manganese: 1.48mg (74.2%), Folate: 262.08µg (65.52%), Vitamin E: 5.93mg (39.53%), Copper: 0.73mg (36.54%), Fiber: 9.01g (36.06%), Phosphorus: 331.98mg (33.2%), Vitamin B2: 0.49mg (28.74%), Selenium: 19.45µg (27.79%), Iron: 4.78mg (26.53%), Magnesium: 96.85mg (24.21%), Potassium: 828.86mg (23.68%), Vitamin B3: 4.59mg (22.93%), Vitamin B6: 0.4mg (19.75%), Vitamin C: 16.16mg (19.58%), Vitamin B5: 1.95mg (19.5%), Vitamin B1: 0.26mg (17.09%), Zinc: 2.51mg (16.71%), Calcium: 103.96mg (10.4%), Vitamin B12: 0.11µg (1.78%), Vitamin D: 0.18µg (1.19%)