



Chickpeas in Curried Coconut Broth



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



474 kcal

SIDE DISH

Ingredients

- ☐ 38 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 2 teaspoons canola oil
- ☐ 6 cups basmati rice hot cooked
- ☐ 1 tablespoon curry powder
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons jalapeno chopped
- ☐ 13.5 ounce lite coconut milk light canned

- ☐ 29 ounce no salt added diced tomatoes diced undrained canned
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon salt

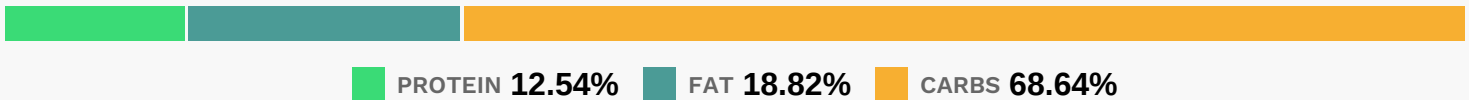
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion and garlic; saut 5 minutes or until onion is tender.
- ☐ Place onion mixture, chickpeas, and next 5 ingredients (through salt) in a 3 1/2-quart electric slow cooker; stir well. Cover and cook on LOW for 6 to 8 hours. Stir in cilantro.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:45.89, Glycemic Load:55.4, Inflammation Score:-7, Nutrition Score:21.474782777869%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 474.13kcal (23.71%), Fat: 9.91g (15.25%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 81.36g (27.12%), Net Carbohydrates: 70.24g (25.54%), Sugar: 5.29g (5.88%), Cholesterol: 0mg (0%), Sodium: 958.21mg (41.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Manganese: 2.44mg (122.14%), Vitamin B6: 1.24mg (62.16%), Fiber: 11.11g (44.45%), Vitamin C: 22.6mg (27.39%), Phosphorus: 256.17mg (25.62%), Copper: 0.51mg (25.53%), Iron: 4.29mg (23.83%), Selenium: 16.12µg (23.03%), Magnesium: 90.41mg (22.6%), Potassium:

668.72mg (19.11%), Folate: 71.94µg (17.98%), Zinc: 2.34mg (15.6%), Vitamin B5: 1.39mg (13.93%), Calcium: 138.64mg (13.86%), Vitamin B1: 0.18mg (11.77%), Vitamin E: 1.67mg (11.13%), Vitamin K: 11.16µg (10.63%), Vitamin B3: 2.01mg (10.04%), Vitamin B2: 0.14mg (8.42%), Vitamin A: 341.87IU (6.84%)