



HEALTH SCORE

51%

Chickpeas with tomatoes & spinach



Vegetarian



Vegan



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

Ingredients



1 tbsp vegetable oil



1 onion red sliced



2 garlic clove chopped



0.5 ginger fresh shredded



2 pepper flakes red thinly sliced



0.5 tsp turmeric



0.8 tsp garam masala



1 tsp ground cumin

- ☐ 4 tomatoes chopped
- ☐ 2 tsp tomato purée
- ☐ 400 g chickpeas rinsed drained canned
- ☐ 200 g baby spinach
- ☐ 4 servings naan breads

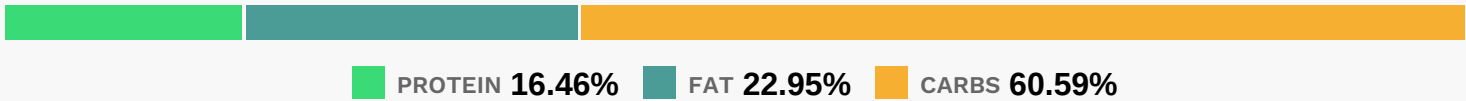
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in a wok and fry the onion over a low heat until softened. Stir in the garlic, ginger and chillies and cook for a further 5 mins until the onions are golden and the garlic slightly toasted.
- ☐ Add the turmeric, garam masala and cumin, stirring over a low heat for a few secs. Tip in the chopped tomatoes and add the tomato pure, then simmer for 5 mins.
- ☐ Add the chickpeas to the pan with 300ml water (fill the can three-quarters full). Simmer for 10 mins before stirring in the spinach to wilt. Season and serve with rice or naan.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:8.07, Inflammation Score:-10, Nutrition Score:32.720869043599%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg, Kaempferol: 3.48mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg

Nutrients (% of daily need)

Calories: 349.36kcal (17.47%), Fat: 9.21g (14.17%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 42.98g (15.63%), Sugar: 11.74g (13.05%), Cholesterol: 2.48mg (0.83%), Sodium: 269.64mg (11.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.87g (29.74%), Vitamin K: 264.89µg (252.27%), Vitamin A: 5971.52IU (119.43%), Manganese: 1.76mg (88.25%), Vitamin C: 67.4mg (81.7%), Folate: 298.37µg (74.59%), Fiber: 11.74g (46.98%), Iron: 5.38mg (29.89%), Potassium: 1008.42mg (28.81%), Magnesium: 112.53mg (28.13%), Copper: 0.55mg (27.38%), Vitamin B6: 0.51mg (25.57%), Phosphorus: 246.29mg (24.63%), Vitamin E: 2.54mg (16.91%), Vitamin B1: 0.24mg (15.78%), Calcium: 148.33mg (14.83%), Zinc: 2.17mg (14.49%), Vitamin B2: 0.21mg (12.56%), Vitamin B3: 2.01mg (10.07%), Selenium: 4.72µg (6.74%), Vitamin B5: 0.53mg (5.27%)