



 **16%**
HEALTH SCORE

Chole (Chana) Masala

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce garbanzo beans drained and rinsed canned
- 28 ounce canned tomatoes whole peeled canned
- 1 teaspoon cumin seeds
- 4 teaspoons ginger fresh peeled finely chopped (from a 2-inch piece)
- 2 teaspoons garam masala
- 4 medium garlic clove finely chopped
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt plus more for seasoning

- 4 servings naan breads
- 4 servings yogurt plain
- 4 servings pomegranate molasses
- 2 serrano chiles stemmed finely chopped
- 0.5 teaspoon turmeric
- 2 tablespoons vegetable oil
- 0.5 cup water
- 1 medium onion yellow

Equipment

- bowl
- frying pan
- sieve

Directions

- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the cumin seeds and cook, stirring occasionally, until fragrant, about 1 minute.
- Add the onion, ginger, garlic, and chiles and season with kosher salt. Cook, stirring occasionally, until the onions have softened, about 6 minutes. Meanwhile, set a fine-mesh strainer over a medium bowl. Strain the tomatoes and reserve the juices. Coarsely chop the tomatoes into 1-inch pieces; set aside. When the onions have softened, add the garam masala, coriander, measured salt, and turmeric to the frying pan and stir to coat the onion mixture. Cook, stirring occasionally, until fragrant, about 1 minute.
- Add the chopped tomatoes, their reserved juices, the chickpeas, and the water. Stir to combine, scraping up any browned bits from the bottom of the pan, and bring to a simmer. Reduce the heat to medium low and simmer, stirring occasionally, until the flavors have melded and the sauce has thickened slightly, about 20 minutes. To serve: Spoon the chole masala over steamed rice, drizzle it with pomegranate molasses, and top it with plain yogurt, if desired.
- Serve with naan or chapatis.

Nutrition Facts



■ PROTEIN 14.8% ■ FAT 30.44% ■ CARBS 54.76%

Properties

Glycemic Index:35.33, Glycemic Load:8.71, Inflammation Score:-9, Nutrition Score:21.828695828743%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 403.46kcal (20.17%), Fat: 14.11g (21.7%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 57.09g (19.03%), Net Carbohydrates: 44.07g (16.02%), Sugar: 7.48g (8.31%), Cholesterol: 2.61mg (0.87%), Sodium: 1673.87mg (72.78%), Alcohol: 0g (100%), Protein: 15.43g (30.86%), Manganese: 2.04mg (101.76%), Vitamin B6: 1.32mg (66.08%), Fiber: 13.02g (52.08%), Iron: 5.21mg (28.95%), Vitamin C: 23.3mg (28.24%), Copper: 0.51mg (25.32%), Phosphorus: 228.41mg (22.84%), Magnesium: 88.65mg (22.16%), Potassium: 772.14mg (22.06%), Folate: 75.47µg (18.87%), Vitamin K: 18.84µg (17.94%), Calcium: 179.14mg (17.91%), Vitamin E: 1.96mg (13.1%), Zinc: 1.91mg (12.73%), Vitamin B1: 0.18mg (12.21%), Vitamin B2: 0.16mg (9.41%), Vitamin B5: 0.94mg (9.36%), Vitamin B3: 1.85mg (9.25%), Selenium: 5.23µg (7.47%), Vitamin A: 300.35IU (6.01%)