

College Student's Saucy Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



56 kcal

SIDE DISH

Ingredients

- ☐ 2 cups chickpeas canned rinsed drained
- ☐ 1.5 cups tomatoes canned crushed
- ☐ 4.5 teaspoons curry powder
- ☐ 1.5 teaspoons garlic powder

Equipment

- ☐ microwave

Directions

☐ In a microwave-safe dish, mix together the chickpeas, crushed tomatoes, curry powder, and garlic. Cook in microwave on High for 5 minutes, or until hot.

Nutrition Facts



Properties

Glycemic Index:11.04, Glycemic Load:2.46, Inflammation Score:-2, Nutrition Score:5.4121739449708%

Nutrients (% of daily need)

Calories: 56.12kcal (2.81%), Fat: 1.09g (1.67%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 6.81g (2.48%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 174.8mg (7.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3g (5.99%), Manganese: 0.47mg (23.61%), Vitamin B6: 0.28mg (14.21%), Fiber: 3.09g (12.36%), Iron: 1.46mg (8.1%), Copper: 0.16mg (7.9%), Potassium: 216.06mg (6.17%), Magnesium: 23.44mg (5.86%), Vitamin E: 0.82mg (5.46%), Phosphorus: 53.58mg (5.36%), Vitamin C: 4.35mg (5.27%), Folate: 18.15µg (4.54%), Calcium: 35.6mg (3.56%), Vitamin B1: 0.05mg (3.5%), Vitamin K: 3.53µg (3.36%), Vitamin B3: 0.65mg (3.26%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.25mg (2.53%), Vitamin A: 114.8IU (2.3%), Selenium: 1.42µg (2.03%), Vitamin B2: 0.03mg (1.98%)