



HEALTH SCORE

100%

Cosmic Cashew Kale and Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground to taste
- 1 teaspoon vegetable stock
- 1.5 cups chickpeas rinsed drained (15-ounce can, and)
- 2 tablespoons basil fresh minced
- 1 clove garlic minced pressed
- 2 spring onion thinly sliced
- 4 servings hot sauce to taste
- 1 bunch kale thinly sliced

- 1 large onion diced
- 1 teaspoon oregano dried
- 1 cup quinoa rinsed well
- 0.5 cup cashew pieces raw
- 0.3 bell pepper red finely chopped
- 4 servings salt to taste
- 2 cups vegetable stock hot
- 0.8 cup water

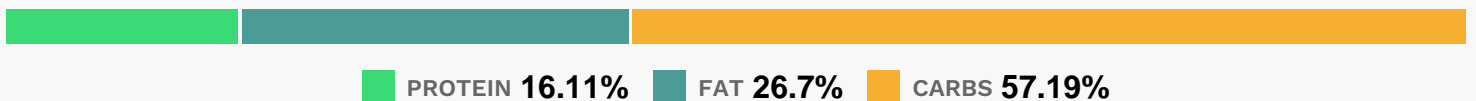
Equipment

- frying pan
- blender

Directions

- Drain.
- Place them in a blender and add 3/4 cup water, 1 clove garlic, and 1 teaspoon of broth powder (or 1 bouillon cube). Blend at highest speed until completely smooth. Set aside until needed. In a large non-stick skillet, cook the onion until it begins to brown, about 5-7 minutes.
- Add the red bell pepper and garlic, and cook for another minute.
- Add the chickpeas, kale, and two tablespoons water. Cover immediately and reduce heat to medium. Cook, stirring often, until kale is tender, about 5 minutes.
- Add the reserved cashew sauce, oregano, and salt, black pepper, and hot sauce to taste. Cook, stirring, until sauce thickens. If sauce becomes too thick, add a little water to thin.
- Add the fresh basil just before serving over Confetti Quinoa.

Nutrition Facts



Properties

Glycemic Index:100.24, Glycemic Load:6, Inflammation Score:-10, Nutrition Score:33.287391434545%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg Kaempferol: 15.54mg, Kaempferol: 15.54mg, Kaempferol: 15.54mg, Kaempferol: 15.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.62mg, Quercetin: 15.62mg, Quercetin: 15.62mg, Quercetin: 15.62mg

Nutrients (% of daily need)

Calories: 385.53kcal (19.28%), Fat: 11.83g (18.21%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 57.03g (19.01%), Net Carbohydrates: 46.3g (16.84%), Sugar: 7.25g (8.05%), Cholesterol: 0mg (0%), Sodium: 702.31mg (30.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.14%), Vitamin K: 155.08µg (147.7%), Manganese: 2.11mg (105.35%), Vitamin A: 3877.71IU (77.55%), Folate: 224.46µg (56.11%), Vitamin C: 45.16mg (54.74%), Magnesium: 179.7mg (44.92%), Copper: 0.88mg (43.86%), Fiber: 10.73g (42.93%), Phosphorus: 428.69mg (42.87%), Iron: 5.76mg (31.98%), Vitamin B6: 0.49mg (24.71%), Vitamin B1: 0.36mg (23.78%), Zinc: 3.46mg (23.06%), Potassium: 738.54mg (21.1%), Vitamin B2: 0.32mg (18.93%), Calcium: 165.11mg (16.51%), Selenium: 9.76µg (13.94%), Vitamin E: 1.87mg (12.47%), Vitamin B3: 1.71mg (8.55%), Vitamin B5: 0.76mg (7.6%)