



## Curried Chicken and Chickpeas

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 15.5 ounce garbanzo beans drained canned (garbanzo beans)
- ☐ 1 pound chicken breast cut into 1-inch pieces
- ☐ 1 teaspoon sriracha hot (such as Sriracha)
- ☐ 0.8 cup couscous uncooked
- ☐ 2 teaspoons curry powder
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 teaspoon olive oil

- ☐ 1 cup plum tomatoes chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 10 ounce pkt spinach fresh
- ☐ 1 cup water

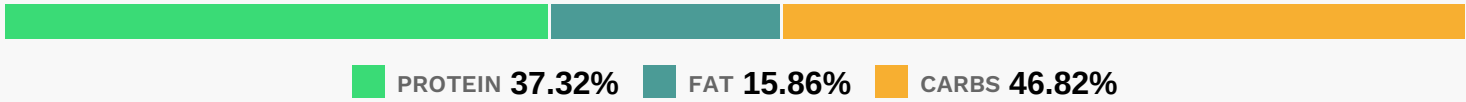
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ microwave

## Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Combine 1/2 teaspoon salt, garlic, and chicken, tossing to coat.
- ☐ Add chicken mixture to pan; saute 3 minutes or until browned. Stir in curry powder; cook 1 minute.
- ☐ Add tomato, broth, chile sauce, and chickpeas; bring to a simmer. Cover and cook 8 minutes.
- ☐ While chicken mixture cooks, place 1/4 teaspoon salt, 1 cup water, and oil in a medium saucepan; bring to a boil. Gradually stir in couscous; remove from heat. Cover and let stand for 5 minutes. Fluff couscous with a fork.
- ☐ While couscous stands, poke holes in spinach bag. Microwave at high 2 minutes.
- ☐ Garnish with lemon wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:52.58, Glycemic Load:20.3, Inflammation Score:-10, Nutrition Score:39.050434848537%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol:

4.58mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 391.6kcal (19.58%), Fat: 6.92g (10.64%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 36.85g (13.4%), Sugar: 2.19g (2.43%), Cholesterol: 72.57mg (24.19%), Sodium: 1232.28mg (53.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.64g (73.28%), Vitamin K: 348.83µg (332.22%), Vitamin A: 7198.95IU (143.98%), Manganese: 1.93mg (96.63%), Vitamin B6: 1.62mg (80.87%), Vitamin B3: 14.32mg (71.61%), Selenium: 40.7µg (58.15%), Folate: 186.98µg (46.75%), Phosphorus: 440.78mg (44.08%), Fiber: 9.12g (36.48%), Vitamin C: 29.8mg (36.12%), Magnesium: 139.78mg (34.94%), Potassium: 1202.33mg (34.35%), Iron: 4.6mg (25.54%), Vitamin B5: 2.52mg (25.18%), Copper: 0.44mg (21.82%), Vitamin B2: 0.32mg (18.58%), Vitamin B1: 0.25mg (16.37%), Vitamin E: 2.34mg (15.59%), Zinc: 2.23mg (14.85%), Calcium: 138.22mg (13.82%), Vitamin B12: 0.34µg (5.67%)