



Curried Chickpea Sandwich



Vegetarian



Vegan



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounces chickpeas drained and rinsed
- ☐ 2 tbsp mild curry powder
- ☐ 0.5 tsp parsley dried
- ☐ 0.3 tsp garam masala
- ☐ 0.5 tsp garlic powder
- ☐ 0.3 tsp ground ginger
- ☐ 1.3 tsp juice of lemon
- ☐ 0.5 tsp onion powder

- ☐ 0.3 tsp paprika
- ☐ 6 ounces vanilla-flavored soy yogurt plain
- ☐ 2 tbsp water
- ☐ 2 tsp mustard yellow

Equipment

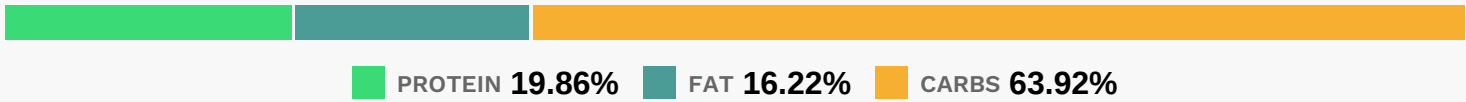
- ☐ frying pan

Directions

- ☐ Combine chickpeas with 2 tbsp curry, water, 1 tbsp lemon juice, 2 tsp mustard, 1/4 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp paprika, 1/4 tsp ground ginger and 1/4 tsp garam masala with cayenne and salt to taste. Stir to make sure chickpeas are coated evenly and transfer to a non-stick skillet. Cook over medium heat until the chickpeas are warm and slightly darkened in color. Set aside and make cilantro yogurt sauce by mixing 6 ounces of plain soy yogurt with fresh cilantro, 1/4 tsp onion powder, 1/4 tsp garlic powder, 1/2 tsp dry parsley, 1 1/4 tsp lemon juice and salt to taste.
 - ☐ Serve chickpeas at any temp, with cool cucumbers, lettuce and cilantro yogurt sauce in warmed whole wheat pitas.
- Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 40g
- ☐ Carbohydrate
- ☐ 90gDietary Fiber5.30gSugars0.60gProtein6.10g

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:3.66, Inflammation Score:-4, Nutrition Score:9.7108696025351%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.88mg, Apigenin: 1.88mg, Apigenin: 1.88mg, Apigenin: 1.88mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg

Nutrients (% of daily need)

Calories: 145.53kcal (7.28%), Fat: 2.72g (4.18%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 17.67g (6.43%), Sugar: 5.04g (5.61%), Cholesterol: 0mg (0%), Sodium: 28.96mg (1.26%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Manganese: 0.86mg (43.14%), Folate: 125.84µg (31.46%), Fiber: 6.4g (25.58%), Iron: 2.76mg (15.35%), Copper: 0.27mg (13.64%), Phosphorus: 130.6mg (13.06%), Magnesium: 41.19mg (10.3%), Calcium: 85.2mg (8.52%), Zinc: 1.21mg (8.04%), Potassium: 251.56mg (7.19%), Vitamin B6: 0.13mg (6.64%), Vitamin C: 5.42mg (6.56%), Vitamin B1: 0.09mg (6.23%), Vitamin K: 5.61µg (5.34%), Selenium: 3.69µg (5.28%), Vitamin E: 0.75mg (5.01%), Vitamin B2: 0.05mg (3.21%), Vitamin D: 0.37µg (2.46%), Vitamin B3: 0.48mg (2.4%), Vitamin B5: 0.22mg (2.16%), Vitamin A: 89.12IU (1.78%)