



Curried Chickpea Stew with Brown Rice Pilaf

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 cup brown rice uncooked
- 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- 14.5 ounce canned tomatoes crushed undrained canned (such as Muir Glen)
- 1 tablespoon canola oil
- 3 cardamom pods crushed
- 1 cup carrots diced
- 1 stick cinnamon (3-inch)

- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 1 garlic clove minced
- 4 garlic cloves minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.5 teaspoon ground turmeric
- 0.8 teaspoon ground turmeric
- 0.3 teaspoon kosher salt
- 1 cup onion finely chopped
- 2 cups onion chopped
- 0.5 cup nonfat yogurt plain
- 1.7 cups water
- 2.5 cups water

Equipment

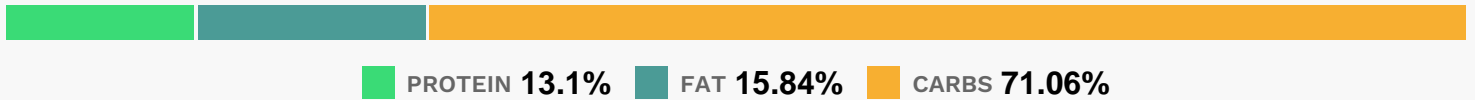
- bowl
- frying pan
- dutch oven

Directions

- To prepare pilaf, heat a large nonstick skillet over medium heat.
- Add 1 tablespoon oil; swirl to coat.
- Add 1 cup onion; cook for 6 minutes or until golden, stirring frequently.
- Add rice and the next 4 ingredients (through garlic); cook for 1 minute, stirring constantly.
- Add 1 2/3 cups water and bay leaf; bring to a boil. Cover, reduce heat, and simmer for 45 minutes.
- Let stand for 5 minutes. Discard cardamom, cinnamon, and bay leaf. Keep warm.

- To prepare stew, heat a large Dutch oven over medium-high heat.
- Add 1 tablespoon oil, and swirl to coat.
- Add 2 cups onion; saut for 6 minutes or until golden.
- Add ginger and the next 7 ingredients (through cinnamon stick); cook for 1 minute, stirring constantly.
- Add 2 1/2 cups water, carrot, 1/4 teaspoon salt, chickpeas, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until carrots are tender and sauce is slightly thick. Discard cardamom and cinnamon stick.
- Place 1 cup rice mixture into each of 4 bowls; spoon 1 1/4 cups chickpea mixture over rice. Top each serving with 2 tablespoons yogurt and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:100.48, Glycemic Load:30.27, Inflammation Score:-10, Nutrition Score:29.630000041879%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 25.02mg, Quercetin: 25.02mg, Quercetin: 25.02mg, Quercetin: 25.02mg

Nutrients (% of daily need)

Calories: 427.7kcal (21.38%), Fat: 7.82g (12.03%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 78.95g (26.32%), Net Carbohydrates: 66.31g (24.11%), Sugar: 13.62g (15.13%), Cholesterol: 0.61mg (0.2%), Sodium: 644.2mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.11%), Manganese: 3.76mg (188.08%), Vitamin A: 5717.67IU (114.35%), Vitamin B6: 1.18mg (58.79%), Fiber: 12.64g (50.57%), Magnesium: 152.13mg (38.03%), Phosphorus: 354.07mg (35.41%), Copper: 0.63mg (31.37%), Potassium: 1018.99mg (29.11%), Vitamin C: 22.89mg (27.75%), Vitamin B1: 0.42mg (27.72%), Iron: 4.94mg (27.46%), Calcium: 226.4mg (22.64%), Folate: 83.44µg (20.86%), Vitamin B3: 4.09mg (20.44%), Zinc: 2.83mg (18.9%), Vitamin B5: 1.78mg (17.79%), Vitamin K: 16.36µg (15.58%), Vitamin E: 2.26mg (15.06%), Vitamin B2: 0.23mg (13.39%), Selenium: 5.26µg (7.51%), Vitamin B12: 0.19µg (3.11%)