



Curried Chickpeas and Black Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 15 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- 14.5 ounce canned tomatoes diced undrained canned
- 2 teaspoons curry powder
- 0.3 cup parsley fresh chopped
- 1 tablespoon ginger minced peeled
- 1 tablespoon juice of lemon
- 1 cup onion chopped

- 0.1 teaspoon salt
- 2 teaspoons vegetable oil

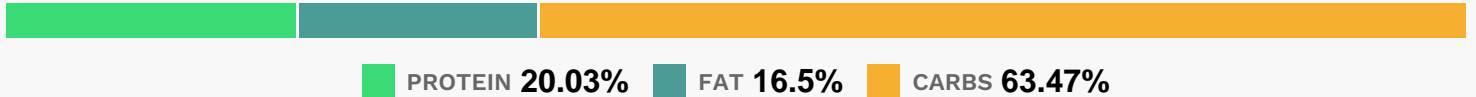
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add onion and gingerroot; saut 3 minutes or until tender. Stir in curry powder; cook an additional minute.
- Add tomatoes; cook 1 minute or until mixture is slightly thickened, stirring occasionally.
- Add salt, black beans, and chickpeas; stir well. Cover, reduce heat, and simmer 5 minutes.
- Remove from heat; stir in fresh parsley and lemon juice.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:39.33, Glycemic Load:6.93, Inflammation Score:-8, Nutrition Score:24.367391304348%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 266.35kcal (13.32%), Fat: 5.16g (7.94%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 29.45g (10.71%), Sugar: 6.41g (7.12%), Cholesterol: 0mg (0%), Sodium: 917.29mg (39.88%), Protein: 14.09g (28.17%), Vitamin K: 92.74µg (88.33%), Manganese: 1.41mg (70.63%), Fiber: 15.19g (60.76%), Vitamin

B6: 0.78mg (39.2%), Folate: 122.47µg (30.62%), Iron: 5.37mg (29.82%), Copper: 0.59mg (29.53%), Vitamin C: 23.69mg (28.72%), Potassium: 894.3mg (25.55%), Phosphorus: 251.63mg (25.16%), Magnesium: 96.49mg (24.12%), Vitamin B1: 0.29mg (19.1%), Vitamin A: 673.23IU (13.46%), Calcium: 130.79mg (13.08%), Vitamin B2: 0.22mg (12.74%), Zinc: 1.76mg (11.7%), Vitamin E: 1.74mg (11.63%), Vitamin B3: 2.22mg (11.08%), Vitamin B5: 0.88mg (8.77%), Selenium: 4.52µg (6.45%)