



 **100%**
HEALTH SCORE

Curried Chickpeas and Kale

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



32 min.

SERVINGS



2

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup veggie broth divided ()
- 0.3 teaspoon cardamom
- 1 cup chickpeas cooked
- 0.3 teaspoon cumin seeds
- 0.3 teaspoon garam masala (see my recipe)
- 2 cloves garlic minced
- 1 teaspoon ginger chopped
- 0.3 teaspoon ground cumin

- 6 cups kale chopped (5-6 ounces before removing stems, 3-4 ounces)
- 1 medium onion finely chopped
- 0.3 teaspoon bell pepper red to taste (or)
- 2 servings salt to taste
- 2 teaspoons smooth almond butter (or other nut butter)
- 1 large tomatoes chopped

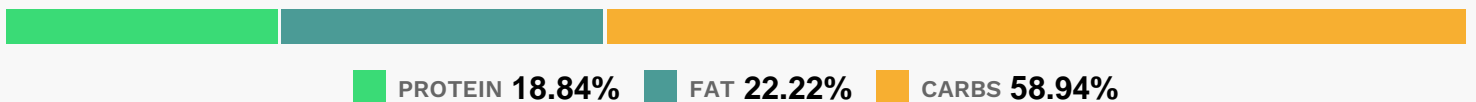
Equipment

- pot

Directions

- Heat a medium-sized non-stick pot over medium-high heat.
- Add the onions and cook, stirring often, until they soften and begin to brown. (I do this without any liquid, but if they start to stick, add a tablespoon of water or broth.)
- Add the ginger, garlic, and cumin seeds, and cook for another minute or two, until the cumin becomes fragrant.
- Add the tomato and cook for two more minutes. Stir in the kale and 1/4 cup broth and cover tightly. Cook, stirring occasionally, until the kale is tender but still bright green, about 3-5 minutes.
- Add the chickpeas, remaining 1/4 cup broth, and all seasonings except garam masala. Cover and cook on low for about 10 minutes. Stir in the garam masala and tahini and add salt to taste and cook for another minute or two.
- Serve over whole grain, with bread, or stuffed into pitas.

Nutrition Facts



Properties

Glycemic Index:129.88, Glycemic Load:6.98, Inflammation Score:-10, Nutrition Score:31.646521754887%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 17.62mg, Isorhamnetin: 17.62mg, Isorhamnetin: 17.62mg, Isorhamnetin: 17.62mg Kaempferol: 29.93mg, Kaempferol: 29.93mg, Kaempferol: 29.93mg, Kaempferol: 29.93mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 25.97mg, Quercetin: 25.97mg, Quercetin: 25.97mg, Quercetin: 25.97mg

Nutrients (% of daily need)

Calories: 237.63kcal (11.88%), Fat: 6.26g (9.63%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 37.35g (12.45%), Net Carbohydrates: 25.73g (9.35%), Sugar: 9.97g (11.08%), Cholesterol: 0mg (0%), Sodium: 476.74mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.87%), Vitamin K: 256.5µg (244.28%), Vitamin A: 7226.07IU (144.52%), Vitamin C: 78.31mg (94.92%), Manganese: 1.68mg (84.07%), Folate: 207.38µg (51.85%), Fiber: 11.62g (46.49%), Calcium: 250.67mg (25.07%), Phosphorus: 243.63mg (24.36%), Iron: 4.34mg (24.12%), Potassium: 820.49mg (23.44%), Magnesium: 93.27mg (23.32%), Copper: 0.46mg (23.03%), Vitamin B2: 0.36mg (20.92%), Vitamin B6: 0.39mg (19.69%), Vitamin E: 2.45mg (16.31%), Vitamin B1: 0.24mg (15.84%), Zinc: 2mg (13.31%), Vitamin B3: 2mg (9.98%), Selenium: 4.46µg (6.37%), Vitamin B5: 0.48mg (4.78%)