



Curried Chickpeas with Fresh Ginger and Cilantro



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon peppercorns black
- ☐ 0.5 teaspoon ground pepper
- ☐ 1.5 teaspoons chili powder pure
- ☐ 9 servings cilantro leaves fresh for garnish
- ☐ 1 tablespoon cumin seeds
- ☐ 2 cups chickpeas dried
- ☐ 0.5 inch ginger fresh minced peeled

- ☐ 1 teaspoon garam masala
- ☐ 4 cardamom pods green
- ☐ 0.5 teaspoon turmeric
- ☐ 1 juice of lemon
- ☐ 1 onion red finely chopped
- ☐ 6 servings salt to taste
- ☐ 3 serrano chiles fresh deveined seeded for garnish cut into julienne,
- ☐ 0.3 cup vegetable oil
- ☐ 6 cups water

Equipment

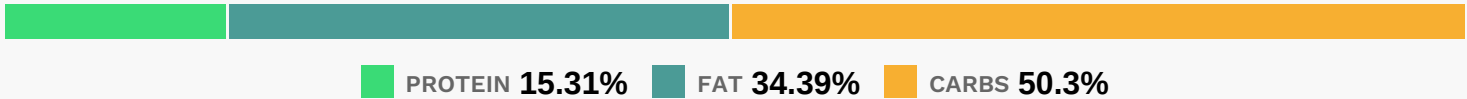
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ mortar and pestle
- ☐ slow cooker
- ☐ immersion blender

Directions

- ☐ Thoroughly rinse the chickpeas and place them in the slow cooker insert along with the water. Cover and cook on low for 6 to 8 hours, until the chickpeas are tender.
- ☐ In a large sauté pan, brown the onion in the sesame oil until dark brown in color, about 15 minutes.
- ☐ Combine the cumin seeds, peppercorns, cloves, cardamom, chile powder, ginger, turmeric, garam masala, and cayenne in an electric coffee mill or a mortar and pestle and grind to a coarse powder.
- ☐ Add the coarsely ground spices to the onion and continue to cook for another 5 minutes, then add the onion and spices to the cooked chickpeas. Recover and continue cooking for another 30 to 60 minutes.

- ☐ Using a handheld immersion blender, purée some of the chickpeas in the insert to thicken the mixture.
- ☐ Add salt to taste, then stir in the lemon juice. Ladle into bowls, add a dollop of yogurt, and garnish with the chile slices and cilantro leaves.
- ☐ Suggested Beverage
- ☐ I would enjoy a light- to medium-bodied white wine, such as a Pinot Gris, Pinot Blanc, or Spanish Rueda or Albariño.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:28.92, Glycemic Load:6.39, Inflammation Score:-9, Nutrition Score:23.000434916952%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 345.08kcal (17.25%), Fat: 13.64g (20.98%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 31.98g (11.63%), Sugar: 8.24g (9.16%), Cholesterol: 0mg (0%), Sodium: 233.35mg (10.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.31%), Manganese: 1.96mg (97.83%), Folate: 377.18µg (94.29%), Fiber: 12.9g (51.58%), Copper: 0.64mg (31.95%), Iron: 5.27mg (29.3%), Phosphorus: 261.27mg (26.13%), Vitamin K: 24.64µg (23.46%), Vitamin B1: 0.34mg (22.71%), Magnesium: 90.47mg (22.62%), Vitamin B6: 0.42mg (21.14%), Potassium: 680.19mg (19.43%), Zinc: 2.54mg (16.92%), Vitamin B5: 1.1mg (11.03%), Vitamin E: 1.61mg (10.72%), Calcium: 99.69mg (9.97%), Vitamin C: 7.91mg (9.58%), Vitamin B2: 0.16mg (9.56%), Selenium: 5.77µg

(8.24%), Vitamin A: 314.87IU (6.3%), Vitamin B3: 1.25mg (6.25%)