



 **30%**
HEALTH SCORE

Curried Chickpeas With Raisins

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

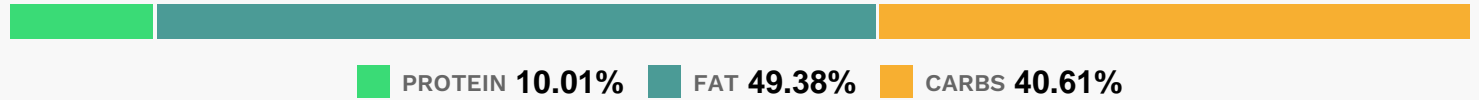
Ingredients

- 1 tablespoon ground pepper
- 2 cups chickpeas cooked (14-ounce can)
- 1 cup coconut milk (half a 14-ounce can)
- 1 tablespoon cumin
- 2 tablespoons curry powder to taste (or)
- 1 inch ginger fresh minced
- 4 garlic clove minced pressed (or)
- 0.5 bell pepper green chopped

- 1 onion chopped
- 0.3 cup raisins
- 3 servings salt and pepper
- 2 tablespoons sesame oil light

Equipment

Nutrition Facts



Properties

Glycemic Index:101.85, Glycemic Load:15.91, Inflammation Score:-9, Nutrition Score:23.79347826087%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 510.17kcal (25.51%), Fat: 29.71g (45.71%), Saturated Fat: 16.11g (100.67%), Carbohydrates: 54.98g (18.33%), Net Carbohydrates: 42.49g (15.45%), Sugar: 7.69g (8.54%), Cholesterol: 0mg (0%), Sodium: 224.73mg (9.77%), Protein: 13.55g (27.1%), Manganese: 2.16mg (108.17%), Folate: 216.54µg (54.13%), Fiber: 12.49g (49.95%), Iron: 8.93mg (49.62%), Copper: 0.7mg (35.12%), Phosphorus: 318.42mg (31.84%), Vitamin C: 24.95mg (30.24%), Magnesium: 119.64mg (29.91%), Potassium: 861.86mg (24.62%), Vitamin B6: 0.44mg (22.03%), Vitamin A: 862.34IU (17.25%), Zinc: 2.57mg (17.11%), Vitamin B1: 0.23mg (15.09%), Vitamin E: 2.05mg (13.64%), Calcium: 130mg (13%), Vitamin K: 12.77µg (12.16%), Vitamin B3: 1.79mg (8.96%), Vitamin B2: 0.15mg (8.94%), Selenium: 5.84µg (8.35%), Vitamin B5: 0.53mg (5.29%)