



 **77%**  
HEALTH SCORE

# Curried Rice Salad with Black Chickpeas and Mango

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



607 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups black beans cooked
- 0.3 cup vegetable stock (or vegetable broth)
- 4 cups brown rice cooked
- 0.5 teaspoon cardamom
- 0.5 teaspoon garam masala to taste (I use the garam masala in this recipe)
- 4 cloves garlic minced
- 1.5 teaspoon ground coriander

- 1.5 teaspoon ground cumin
- 6 servings juice of lime to taste
- 1 mangos diced peeled
- 1 large onion chopped
- 0.3 cup cilantro leaves minced
- 2 tablespoons slivered almonds toasted
- 0.5 teaspoon bell pepper red to taste
- 6 servings salt to taste
- 1 large tomatoes finely chopped
- 0.5 teaspoon turmeric
- 1 teaspoon cumin seeds whole

## Equipment

- bowl
- pot
- wok

## Directions

- Heat a large, non-stick pot or wok over medium-high heat.
- Add the onion and cook, stirring, until it begins to brown. If necessary, add a splash of water or vegetable broth to prevent sticking, but not a lot. When it begins to brown, add the garlic and cumin seeds and stir for a minute. Reduce heat to medium, add the tomato and next 5 ingredients, and cook until the tomato softens and begins to break down.
- Add a quarter cup of the chickpea cooking liquid (or vegetable broth), the chickpeas, and the brown rice. Stir well, and if the mixture seems dry, add a little more broth. Cover and cook on low for about 5 minutes. Stir in the garam masala and remove from heat.
- Transfer to a large serving bowl and add parsley and mango. Season to taste with fresh lime juice and salt.
- Sprinkle with almonds or pine nuts.
- Serve at room temperature or refrigerate and serve cold.

Letting it chill overnight improves flavor.

## Nutrition Facts

**PROTEIN 10.83%** **FAT 8.69%** **CARBS 80.48%**

### Properties

Glycemic Index:62.42, Glycemic Load:60.25, Inflammation Score:-10, Nutrition Score:27.145217439403%

### Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg 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: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

### Nutrients (% of daily need)

Calories: 607.29kcal (30.36%), Fat: 5.94g (9.14%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 123.79g (41.26%), Net Carbohydrates: 112.14g (40.78%), Sugar: 7.39g (8.21%), Cholesterol: 0mg (0%), Sodium: 244.54mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.66g (33.31%), Manganese: 5.3mg (265%), Magnesium: 248.08mg (62.02%), Vitamin B1: 0.72mg (48.09%), Fiber: 11.65g (46.61%), Phosphorus: 464.69mg (46.47%), Vitamin B6: 0.83mg (41.48%), Vitamin C: 29.14mg (35.32%), Folate: 140.17µg (35.04%), Vitamin B3: 6.43mg (32.17%), Copper: 0.6mg (30.03%), Iron: 4.6mg (25.56%), Zinc: 3.57mg (23.77%), Potassium: 808.59mg (23.1%), Vitamin B5: 2.23mg (22.25%), Vitamin A: 734.41IU (14.69%), Calcium: 99.49mg (9.95%), Vitamin E: 1.46mg (9.71%), Vitamin B2: 0.16mg (9.7%), Vitamin K: 6.31µg (6.01%), Selenium: 1.66µg (2.37%)