



Delicious Chickpea Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



435 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 38 ounce garbanzo beans canned (chickpeas)
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 cinnamon sticks
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons ginger minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin

- ☐ 1 teaspoon ground turmeric
- ☐ 0.3 cup olive oil
- ☐ 2 onions chopped
- ☐ 1 pears cubed peeled
- ☐ 1 cup raisins
- ☐ 6 servings salt to taste
- ☐ 2 cubes vegetable bouillon
- ☐ 4 cups water
- ☐ 1 medium yam diced peeled

Equipment

- ☐ sauce pan

Directions

- ☐ Place water, bouillon cubes, and raisins in a saucepan over high heat. Bring to a boil, and simmer until bouillon cubes dissolve.
- ☐ Meanwhile, heat olive oil in a large saucepan over medium heat.
- ☐ Add onion, garlic, and ginger; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add cinnamon sticks, cloves, cayenne, turmeric, coriander, and cumin; cook for about 3 minutes until fragrant, stirring constantly.
- ☐ Stir garbanzo beans, yams, and pear into onions; pour in hot vegetable stock and raisins. Bring to a simmer, then reduce heat to medium-low, cover, and simmer until the vegetables have softened and the sauce has thickened, about 1 hour.
- ☐ Season to taste with salt and stir in chopped cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:63.94, Glycemic Load:27.71, Inflammation Score:-10, Nutrition Score:21.365652250207%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg

Nutrients (% of daily need)

Calories: 435.12kcal (21.76%), Fat: 13.11g (20.16%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 73.27g (24.42%), Net Carbohydrates: 58.21g (21.17%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 719.94mg (31.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.84%), Manganese: 2.17mg (108.31%), Fiber: 15.06g (60.24%), Vitamin B6: 1.19mg (59.7%), Potassium: 1176.46mg (33.61%), Copper: 0.56mg (28.25%), Vitamin C: 19.18mg (23.25%), Phosphorus: 224.21mg (22.42%), Iron: 4.02mg (22.31%), Magnesium: 83.95mg (20.99%), Folate: 73.29µg (18.32%), Vitamin K: 17.47µg (16.63%), Vitamin B1: 0.19mg (12.88%), Vitamin E: 1.81mg (12.04%), Calcium: 120.39mg (12.04%), Zinc: 1.67mg (11.14%), Vitamin A: 458.83IU (9.18%), Vitamin B5: 0.86mg (8.59%), Vitamin B2: 0.12mg (7.29%), Selenium: 4.85µg (6.93%), Vitamin B3: 1.12mg (5.6%)