



 **71%**
HEALTH SCORE

Spicy Black-Eyed Pea Curry with Swiss Chard and Roasted Eggplant

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups pea-mond dressing dried cooked
- 2 teaspoons curry powder
- 0.5 teaspoon garam masala
- 1 large eggplant italian
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground mustard

- 3 juice of lemon
- 2 teaspoons olive oil
- 2 to 2 chilies slit green red seeded finely chopped
- 1 teaspoon sea salt to taste
- 2 shallots
- 1 bunch swiss chard trimmed chopped
- 1 medium tomatoes finely chopped
- 5 tablespoons water as needed

Equipment

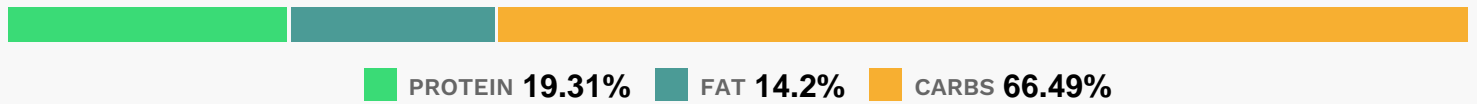
- frying pan
- sauce pan
- oven
- sieve
- roasting pan

Directions

- Rinse the black-eyed peas and soak in several inches of water for 6 hours or overnight.
- Drain and rinse, then transfer to a large saucepan and cover with fresh water. Bring to a boil, reduce heat to medium-low, cover, and simmer for 40 to 60 minutes. Take care not to overcook the beans should be tender but not be falling apart.
- Drain and set aside. To prepare the eggplant, cut off the stem and bottom edge and then cut in half lengthwise. Score the flesh into diagonal 1-inch lines, then turn and score again until you have a diagonal pattern. Take care not to cut through the skin.
- Sprinkle with some salt and let sit for 40 minutes. Rinse and squeeze out any excess water.
- Brush the eggplant with some oil and transfer to a roasting pan.
- Bake in a preheated 400 oven until the flesh appears collapsed and is wrinkly.
- Remove from heat and let cool for about 10 minutes, season with a bit of salt, and remove the flesh from the eggplant. If there is too much water, drain in a strainer. Set aside.

- Heat the oil over medium heat in the same saucepan used to cook the black-eyed peas. When hot, toss in the shallots and chilies and saut for 2 to 3 minutes. Now add the spices and stir for another minute, until fragrant.
- Add the tomato, cook for another few minutes, and then add the eggplant and black-eyed peas, and cook for another few minutes, stirring often.
- Pour a few tablespoons of water into the pan and add handfuls of chard at a time until wilted.
- Add more water as necessary.
- Add the lemon juice and salt to taste near the end of the cooking time.
- Remove from heat, cover, and let sit for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index: 30.17, Glycemic Load: 4.91, Inflammation Score: -10, Nutrition Score: 20.37%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg, Myricetin: 1.58mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 128.72kcal (6.44%), Fat: 2.2g (3.38%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 14.94g (5.43%), Sugar: 7.24g (8.05%), Cholesterol: 0mg (0%), Sodium: 551.5mg (23.98%), Protein: 6.73g (13.46%), Vitamin K: 421.82µg (401.73%), Vitamin A: 3264.9IU (65.3%), Folate: 153.27µg (38.32%), Manganese: 0.72mg (36.22%), Vitamin C: 28.12mg (34.09%), Fiber: 8.23g (32.92%), Magnesium: 90.08mg (22.52%), Potassium: 632.26mg (18.06%), Copper: 0.34mg (16.93%), Iron: 3.04mg (16.91%), Phosphorus: 147.1mg (14.71%), Vitamin B1: 0.19mg (12.42%), Vitamin E: 1.82mg (12.16%), Vitamin B6: 0.23mg (11.6%), Zinc: 1.17mg (7.82%), Vitamin B2: 0.12mg (6.82%), Vitamin B5: 0.6mg (6%), Calcium: 59.16mg (5.92%), Vitamin B3: 1.17mg (5.87%), Selenium: 2.74µg (3.92%)