



# Fire-Roasted Chana Masala

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounces chickpeas drained and rinsed
- 1.3 tsp coriander
- 1 tsp cumin
- 15 ounces fire-roasted tomatoes diced with green chilis
- 1 tsp garam masala
- 0.3 tsp ground ginger
- 1 small onion whole
- 0.3 tsp paprika

- 0.3 tsp turmeric
- 1 cup vegetable broth
- 2 garlic cloves whole minced

## Equipment

- sauce pan

## Directions

- Line a medium sauce pan with a thin layer of broth and saute onions over high heat for 3 minutes.
- Add garlic and saute until onions are translucent, adding more broth as necessary.
- Add coriander, cumin, turmeric and ginger, stirring to coat onions and cooking until fragrant, about 2 minutes.
- Add chickpeas and tomatoes with remaining broth, stirring to combine. Turn heat up to high and bring to a boil. Once boiling reduce to low and simmer 15 minutes. Turn off heat and stir in paprika and garam masala and let sit for 5 minutes. Salt to taste and serve with warm whole wheat pitas or over a plate of brown rice.

- Amount Per Serving
- Calories
- Fat
- 90g
- Carbohydrate
- 30g Dietary Fiber 12.80g Sugars 8.20g Protein 16.60g

## Nutrition Facts



## Properties

Glycemic Index:92.38, Glycemic Load:12.56, Inflammation Score:-10, Nutrition Score:30.836521646251%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

## Nutrients (% of daily need)

Calories: 419.49kcal (20.97%), Fat: 6.26g (9.62%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 73.95g (24.65%), Net Carbohydrates: 54.52g (19.83%), Sugar: 17.85g (19.83%), Cholesterol: 0mg (0%), Sodium: 510.81mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.04%), Manganese: 2.58mg (129.18%), Folate: 389.87µg (97.47%), Fiber: 19.43g (77.71%), Iron: 9.22mg (51.2%), Copper: 0.93mg (46.57%), Phosphorus: 419.38mg (41.94%), Magnesium: 134.9mg (33.72%), Potassium: 1116.26mg (31.89%), Vitamin C: 26.23mg (31.8%), Vitamin B6: 0.63mg (31.39%), Zinc: 3.73mg (24.84%), Vitamin B1: 0.37mg (24.81%), Calcium: 194.35mg (19.43%), Vitamin B2: 0.27mg (15.97%), Vitamin E: 2.33mg (15.51%), Vitamin K: 15.38µg (14.65%), Vitamin A: 716.01IU (14.32%), Vitamin B3: 2.81mg (14.03%), Selenium: 8.89µg (12.7%), Vitamin B5: 0.93mg (9.29%)