



Garbanzo Beans (Chole)

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

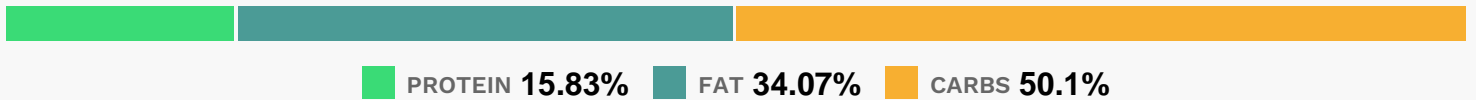
Ingredients

- 16 ounce garbanzo beans canned
- 1 teaspoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 4 servings coriander leaves
- 1 teaspoon garam masala
- 1 teaspoon garlic minced
- 1 tablespoon ghee

- 1 teaspoon ginger grated
- 4 servings optional: lemon
- 1 onion diced
- 0.5 cup tomatoes diced
- 1 teaspoon turmeric

Equipment

Nutrition Facts



Properties

Glycemic Index:46.46, Glycemic Load:5.13, Inflammation Score:-10, Nutrition Score:11.400434782609%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 161.88kcal (8.09%), Fat: 6.47g (9.95%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 14.75g (5.36%), Sugar: 1.98g (2.2%), Cholesterol: 9.6mg (3.2%), Sodium: 329.54mg (14.33%), Protein: 6.76g (13.52%), Manganese: 1.14mg (56.87%), Vitamin B6: 0.63mg (31.39%), Fiber: 6.64g (26.57%), Vitamin C: 14.61mg (17.71%), Vitamin K: 15.81µg (15.06%), Iron: 2.69mg (14.96%), Magnesium: 48.51mg (12.13%), Copper: 0.24mg (11.81%), Phosphorus: 117.79mg (11.78%), Folate: 40.34µg (10.09%), Potassium: 344.64mg (9.85%), Vitamin A: 387.41IU (7.75%), Calcium: 74.36mg (7.44%), Zinc: 1.01mg (6.76%), Vitamin B1: 0.08mg (5.27%), Selenium: 3.12µg (4.45%), Vitamin B5: 0.41mg (4.13%), Vitamin B2: 0.05mg (3.2%), Vitamin B3: 0.53mg (2.65%), Vitamin E: 0.35mg (2.34%)