

## Garbanzo Stir-Fry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

### Ingredients

- 15 ounce garbanzo beans drained and rinsed canned
- 1 tablespoon basil fresh chopped
- 1 tablespoon cilantro leaves fresh chopped
- 1 clove garlic crushed
- 4 servings ground pepper black to taste
- 0.5 cup mushrooms sliced
- 2 tablespoons olive oil
- 1 tablespoon oregano fresh chopped

- 1 tomatoes chopped
- 1 large zucchini halved sliced

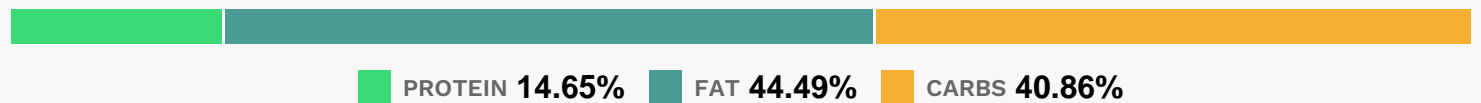
## Equipment

- frying pan

## Directions

- Heat oil in a large skillet over medium heat. Stir in oregano, basil, garlic, and pepper.
- Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs. Cook, covered, for 10 minutes, stirring occasionally.
- Stir in mushrooms and cilantro, and cook until tender, stirring occasionally.
- Place the chopped tomato on top of the mixture. Cover, and let the tomatoes steam for a few minutes, but don't let them get mushy.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:73.58, Glycemic Load:4.66, Inflammation Score:-9, Nutrition Score:13.549130325084%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 182.15kcal (9.11%), Fat: 9.5g (14.61%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 13.07g (4.75%), Sugar: 3.13g (3.47%), Cholesterol: 0mg (0%), Sodium: 304.81mg (13.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Manganese: 1.15mg (57.35%), Vitamin B6: 0.7mg (34.76%), Fiber: 6.56g (26.23%), Vitamin C: 19.41mg (23.52%), Vitamin K: 20.45µg (19.47%), Potassium: 497.03mg (14.2%), Folate: 56.01µg (14%), Copper: 0.28mg (13.77%), Phosphorus: 136.92mg (13.69%), Magnesium: 51.78mg (12.95%), Iron: 2.29mg (12.72%), Vitamin E: 1.51mg (10.06%), Vitamin A: 488.59IU (9.77%), Vitamin B2: 0.15mg

(9.06%), Zinc: 1.15mg (7.7%), Calcium: 76.35mg (7.63%), Vitamin B5: 0.71mg (7.09%), Vitamin B1: 0.1mg (6.37%),  
Vitamin B3: 1.19mg (5.94%), Selenium: 3.57µg (5.11%)