



Garbanzo-Tomato Curry

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz tomatoes diced canned
- ☐ 0.3 teaspoon ground pepper (see notes)
- ☐ 1 teaspoon cumin seeds
- ☐ 1 tablespoon curry powder
- ☐ 1 tablespoon ginger fresh minced
- ☐ 31 oz chickpeas rinsed drained canned
- ☐ 2 cloves garlic minced peeled
- ☐ 0.5 teaspoon mustard seeds

- ☐ 8 oz onion peeled chopped
- ☐ 1 cup yogurt plain
- ☐ 4 servings salt
- ☐ 1 tablespoon vegetable oil

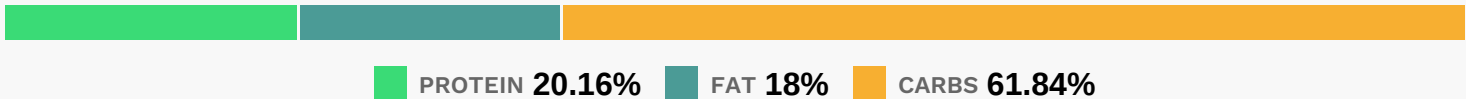
Equipment

- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan over medium-high heat, stir onion, ginger, and garlic in oil until onion just begins to brown, 5 to 8 minutes.
- ☐ Add curry powder, cumin seeds, mustard seeds, and cayenne and stir until fragrant, about 30 seconds.
- ☐ Add garbanzos and tomatoes (including juice). Bring to a boil, reduce heat, and simmer uncovered, stirring occasionally, to blend flavors, about 5 minutes. If mixture is thicker than desired, stir in a little water to thin.
- ☐ Add salt to taste. Spoon into serving dishes.
- ☐ Serve with yogurt on the side.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:12.6, Inflammation Score:-9, Nutrition Score:31.643478289894%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg

Nutrients (% of daily need)

Calories: 477.52kcal (23.88%), Fat: 9.89g (15.21%), Saturated Fat: 1.28g (8%), Carbohydrates: 76.43g (25.48%), Net Carbohydrates: 57.05g (20.74%), Sugar: 20.24g (22.48%), Cholesterol: 1.23mg (0.41%), Sodium: 407.75mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.92g (49.84%), Manganese: 2.54mg (127.03%), Folate: 407.58µg (101.9%), Fiber: 19.39g (77.54%), Phosphorus: 515.33mg (51.53%), Iron: 8.38mg (46.55%), Copper: 0.9mg (45.18%), Magnesium: 142.42mg (35.61%), Potassium: 1122.21mg (32.06%), Calcium: 290.57mg (29.06%), Zinc: 4.33mg (28.87%), Vitamin B6: 0.57mg (28.27%), Vitamin B1: 0.37mg (24.69%), Vitamin C: 18.05mg (21.88%), Vitamin B2: 0.36mg (21.4%), Vitamin K: 20.04µg (19.09%), Selenium: 12.02µg (17.17%), Vitamin E: 2.17mg (14.44%), Vitamin B5: 1.23mg (12.28%), Vitamin B3: 2.16mg (10.78%), Vitamin B12: 0.37µg (6.23%), Vitamin A: 258.38IU (5.17%)