

Gonzo Garbanzos

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



204 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon cajun spice
- 15 ounce garbanzo beans canned
- 1 clove garlic quartered
- 1 teaspoon ground pepper black
- 1 juice of lemon juiced
- 2 tablespoons onion minced
- 0.3 teaspoon paprika
- 1 tablespoon picante sauce

- 1 chile peppers dried whole red
- 0.3 teaspoon sazon seasoning

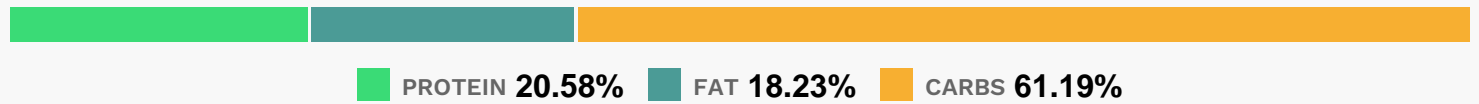
Equipment

- sauce pan

Directions

- Drain off about half of the juice from the beans and put them into a saucepan.
- Mix in the lemon juice, chilies, garlic, onion, picante sauce, pepper, Cajun seasoning, sazon seasoning and paprika. Bring to a simmer over medium heat, and cook for about 7 minutes.
- Remove the chilies and garlic before serving.

Nutrition Facts



Properties

Glycemic Index:79.67, Glycemic Load:8.29, Inflammation Score:-6, Nutrition Score:15.484782944555%

Flavonoids

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: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 204.4kcal (10.22%), Fat: 4.36g (6.71%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 22.57g (8.21%), Sugar: 1.31g (1.45%), Cholesterol: 0mg (0%), Sodium: 690.31mg (30.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Manganese: 1.93mg (96.48%), Vitamin B6: 1.08mg (53.91%), Fiber: 10.33g (41.33%), Phosphorus: 183.38mg (18.34%), Copper: 0.36mg (18.03%), Iron: 2.98mg (16.54%), Magnesium: 64.15mg (16.04%), Folate: 59.09µg (14.77%), Potassium: 397.94mg (11.37%), Zinc: 1.57mg (10.48%), Vitamin A: 512.62IU (10.25%), Vitamin C: 7.46mg (9.05%), Calcium: 88.83mg (8.88%), Vitamin B5: 0.73mg (7.28%), Selenium: 4.71µg (6.72%), Vitamin B1: 0.09mg (5.72%), Vitamin B2: 0.06mg (3.24%), Vitamin K: 2.91µg (2.77%), Vitamin B3: 0.51mg (2.55%), Vitamin E: 0.36mg (2.4%)