



Indian Chickpea-and-Vegetable Stew



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



25

CALORIES



55 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 oz garbanzo beans drained and rinsed canned
- ☐ 0.8 cup carrots sliced
- ☐ 0.5 small head cauliflower cut into small florets (4 cups)
- ☐ 2 teaspoons cumin seeds
- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1.5 teaspoons ground coriander
- ☐ 1 onion red thinly sliced cut in half and

- ☐ 2 medium potatoes – remove skin red cut into 1/4-inch dice (2 cups)
- ☐ 25 servings rice fresh cooked chopped
- ☐ 25 servings salt and pepper
- ☐ 1 teaspoon turmeric
- ☐ 0.5 cup coconut milk light unsweetened
- ☐ 28 oz vegetable broth low-sodium canned
- ☐ 1 tablespoon vegetable oil

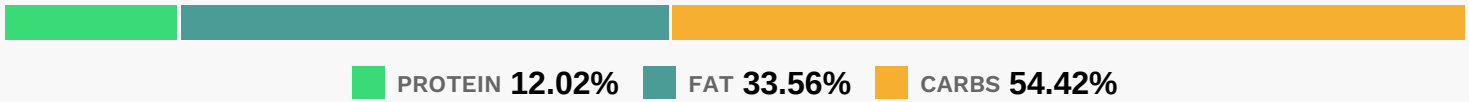
Equipment

- ☐ pot

Directions

- ☐ Warm oil in a large pot over medium-low heat.
- ☐ Add cumin seeds; stir until fragrant, about 10 seconds.
- ☐ Add onion and garlic; saut until onion is soft and beginning to brown, about 10 minutes.
- ☐ Add ginger, coriander, turmeric and 1 tsp. salt; saut 2 minutes longer.
- ☐ Stir in broth and potatoes, raise heat to high and bring just to a boil. Reduce heat to low and simmer for 5 minutes. Stir in carrots, cauliflower and chickpeas. Cover and simmer until vegetables are cooked through, about 12 minutes. Stir in coconut milk and cook 5 minutes longer.
- ☐ Taste and season with salt and pepper.
- ☐ Serve stew over rice, garnished with chopped cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:10.49, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:3.559130412081%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 54.86kcal (2.74%), Fat: 2.15g (3.3%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 6.15g (2.24%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 249.75mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin A: 647.4IU (12.95%), Manganese: 0.26mg (12.82%), Vitamin B6: 0.14mg (6.93%), Fiber: 1.67g (6.69%), Vitamin C: 4.87mg (5.9%), Potassium: 158.92mg (4.54%), Copper: 0.07mg (3.69%), Phosphorus: 36.87mg (3.69%), Iron: 0.63mg (3.5%), Magnesium: 13.38mg (3.35%), Folate: 12.84µg (3.21%), Vitamin K: 2.87µg (2.73%), Vitamin B1: 0.03mg (2.02%), Vitamin B3: 0.36mg (1.79%), Zinc: 0.27mg (1.79%), Vitamin B5: 0.17mg (1.71%), Calcium: 15.24mg (1.52%), Selenium: 1.01µg (1.45%)