

Indian Chickpeas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 31 ounce garbanzo beans drained and rinsed canned
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 0.1 teaspoon garam masala
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup onion chopped
- ☐ 6 servings salt to taste
- ☐ 2 teaspoons channa masala spice mix
- ☐ 1 large tomatoes chopped

- ☐ 2 tablespoons vegetable oil
- ☐ 1.5 cups water

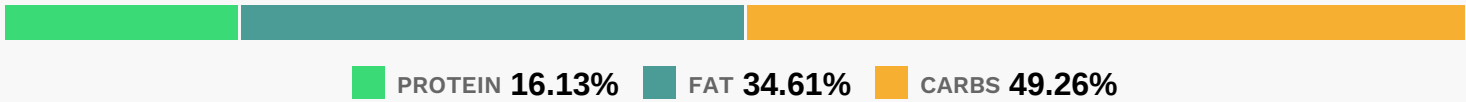
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a saucepan over medium-high heat. Stir in the garlic, onion, and ginger, and cook until browned. Stir in the garam masala, channa masala spice, tomato, water, and garbanzos; season to taste with salt. Bring to a simmer, the reduce heat to low, cover and simmer until garbanzos are very soft, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:6.19, Inflammation Score:-5, Nutrition Score:12.57913048371%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 188.2kcal (9.41%), Fat: 7.56g (11.63%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 16.4g (5.96%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 606.92mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.85%), Manganese: 1.37mg (68.43%), Vitamin B6: 0.78mg (38.85%), Fiber: 7.81g (31.23%), Vitamin K: 21.04µg (20.03%), Iron: 2.56mg (14.22%), Copper: 0.28mg (13.79%), Phosphorus: 134.21mg (13.42%), Magnesium: 50.25mg (12.56%), Folate: 47.78µg (11.95%), Potassium: 335.88mg (9.6%), Calcium: 89.3mg (8.93%), Zinc: 1.16mg (7.75%), Vitamin C: 6.01mg (7.28%), Vitamin A: 303.04IU (6.06%), Vitamin E: 0.84mg (5.61%), Vitamin B5: 0.51mg (5.11%), Selenium: 3.36µg (4.8%), Vitamin B1: 0.07mg (4.76%), Vitamin B2: 0.04mg (2.51%), Vitamin B3: 0.49mg (2.43%)