



HEALTH SCORE

100%

Indian Chickpeas over Garlic Spinach



Vegetarian



Gluten Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**235 kcal**

SIDE DISH

Ingredients

- ☐ 19 ounce chickpeas divided drained canned garbanzo beans
- ☐ 1 teaspoon cumin seeds
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 teaspoon fennel seeds
- ☐ 2 garlic cloves chopped
- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground pepper red
- ☐ 4 teaspoons olive oil divided

- ☐ 2 cups onion sliced
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces pkt spinach chopped
- ☐ 1.5 cups vegetable broth canned

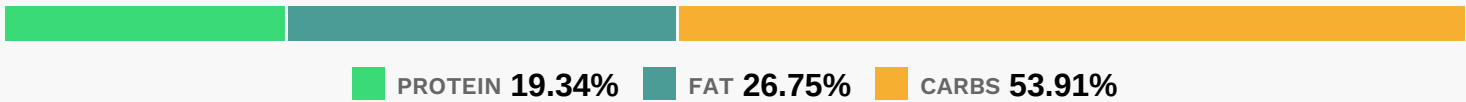
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Add broth and next 5 ingredients (broth through red pepper), and bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Place 1/2 cup chickpeas in a food processor; process until minced.
- ☐ Add minced chickpeas and remaining chickpeas to onion mixture. Bring to a boil; reduce heat, and simmer 10 minutes.
- ☐ Heat remaining 2 teaspoons oil in a Dutch oven over medium-high heat.
- ☐ Add garlic, and saut 30 seconds.
- ☐ Add spinach; saut 3 minutes or until spinach is just wilted.
- ☐ Spoon 1/2 cup spinach mixture onto each of 4 plates. Top each serving with 3/4 cup chickpea mixture; dollop each serving with 2 tablespoons yogurt.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:7.64, Inflammation Score:-10, Nutrition Score:30.647391391837%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 19.64mg, Quercetin: 19.64mg, Quercetin: 19.64mg, Quercetin: 19.64mg

Nutrients (% of daily need)

Calories: 234.7kcal (11.74%), Fat: 7.4g (11.38%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 33.53g (11.18%), Net Carbohydrates: 23.85g (8.67%), Sugar: 6.89g (7.65%), Cholesterol: 0.61mg (0.2%), Sodium: 967.99mg (42.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.07%), Vitamin K: 413.73µg (394.03%), Vitamin A: 8245.83IU (164.92%), Manganese: 2.06mg (102.8%), Folate: 217.76µg (54.44%), Vitamin B6: 0.94mg (47.06%), Fiber: 9.68g (38.73%), Vitamin C: 31.04mg (37.63%), Magnesium: 123.34mg (30.83%), Iron: 4.72mg (26.23%), Potassium: 895.72mg (25.59%), Phosphorus: 230.32mg (23.03%), Calcium: 227.88mg (22.79%), Copper: 0.37mg (18.6%), Vitamin B2: 0.28mg (16.58%), Vitamin E: 2.37mg (15.82%), Zinc: 1.9mg (12.67%), Vitamin B1: 0.17mg (11.38%), Selenium: 5.43µg (7.75%), Vitamin B5: 0.76mg (7.62%), Vitamin B3: 1.01mg (5.03%), Vitamin B12: 0.19µg (3.11%)