



 **43%**
HEALTH SCORE

Indian Spinach and Chickpeas

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

Ingredients

- 15 ounce garbanzo beans drained and rinsed canned
- 0.3 teaspoon ground pepper
- 1 tablespoon curry powder
- 20 ounce spinach frozen thawed chopped
- 2 cloves garlic minced
- 1 tablespoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground coriander

- 0.8 cup half and half
- 1 medium onion diced
- 4 servings salt and pepper
- 1 cup yogurt plain whole
- 3 tablespoons vegetable oil

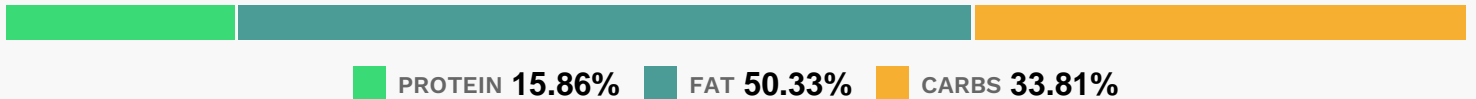
Equipment

- frying pan

Directions

- Heat oil in a medium skillet over medium heat.
- Add onion and saute until translucent. Season with salt and pepper, to taste.
- Add garlic and cook for another minute.
- Add spices and cook until fragrant.
- Add yogurt, half-and-half, thawed spinach with its liquid, and drained chickpeas. Bring to a simmer over medium heat and cook until heated through.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:33.960434782609%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 347.94kcal (17.4%), Fat: 20.73g (31.9%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 20.08g (7.3%), Sugar: 6.94g (7.71%), Cholesterol: 23.84mg (7.95%), Sodium: 654.01mg (28.44%), Protein: 14.7g (29.39%), Vitamin K: 549.84µg (523.65%), Vitamin A: 16932.73IU (338.65%), Manganese:

2.66mg (132.89%), Folate: 245.72µg (61.43%), Fiber: 11.26g (45.04%), Vitamin B6: 0.87mg (43.3%), Magnesium: 158.18mg (39.54%), Calcium: 385.99mg (38.6%), Vitamin E: 5.56mg (37.06%), Vitamin B2: 0.53mg (30.96%), Phosphorus: 275.51mg (27.55%), Iron: 4.89mg (27.15%), Potassium: 890.29mg (25.44%), Copper: 0.42mg (20.9%), Selenium: 14.28µg (20.4%), Zinc: 2.27mg (15.11%), Vitamin B1: 0.22mg (14.73%), Vitamin C: 11.57mg (14.02%), Vitamin B5: 0.87mg (8.73%), Vitamin B3: 1.1mg (5.51%), Vitamin B12: 0.31µg (5.21%)