



Mango Coconut and Chickpea Curry



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 540 ml chickpeas canned
- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 cup cilantro leaves chopped for garnish
- ☐ 0.3 cup coconut or toasted
- ☐ 2 teaspoons coconut oil
- ☐ 0.5 teaspoon cumin
- ☐ 1 tablespoon curry powder
- ☐ 2 cups so delicious dairy free coconut milk beverage unsweetened

- ☐ 2 cloves garlic minced
- ☐ 1 inch ginger root minced (roughly 1 tbsp)
- ☐ 1 lime
- ☐ 0.8 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon turmeric

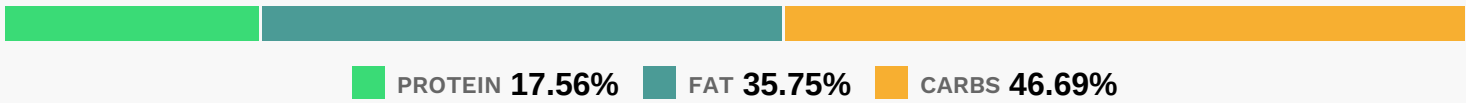
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a heavy saucepan heat coconut oil over medium heat. Once hot add in the onion, garlic and ginger and cook for 3–4 minutes.
- ☐ Add in everything except for mango, coconut and lime. Turn heat up to high and bring to a boil, using a whisk to properly distribute spices. Once boiling, reduce heat to low and simmer, covered for 1 hour.During the cooking hour prepare some white or brown rice to serve the curry on.Once the hour is up add in the mango and cilantro cooking for 5 minutes.
- ☐ Serve the curry onto a bed of rice, sprinkle the toasted coconut on top, add a few leaves of fresh cilantro and serve with a wedge of lime. The citrus is extra yum with this curry. Enjoy!

Nutrition Facts



Properties

Glycemic Index:72.19, Glycemic Load:5.93, Inflammation Score:-10, Nutrition Score:16.740869677585%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 198.68kcal (9.93%), Fat: 8.25g (12.7%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 24.25g (8.09%), Net Carbohydrates: 17.48g (6.36%), Sugar: 4.98g (5.53%), Cholesterol: 0mg (0%), Sodium: 905.43mg (39.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.25%), Manganese: 1.03mg (51.49%), Vitamin B6: 0.82mg (40.84%), Fiber: 6.78g (27.11%), Vitamin E: 3.45mg (23.02%), Calcium: 225.72mg (22.57%), Vitamin B12: 1.27µg (21.24%), Vitamin B3: 4.24mg (21.18%), Vitamin C: 17.09mg (20.71%), Folate: 73.02µg (18.25%), Copper: 0.36mg (18.08%), Iron: 2.9mg (16.11%), Vitamin B2: 0.27mg (16.03%), Potassium: 441.19mg (12.61%), Vitamin A: 624.34IU (12.49%), Phosphorus: 103.79mg (10.38%), Magnesium: 38.15mg (9.54%), Vitamin D: 1.42µg (9.44%), Vitamin B1: 0.14mg (9.06%), Selenium: 5.85µg (8.35%), Zinc: 1.18mg (7.87%), Vitamin K: 5.05µg (4.81%), Vitamin B5: 0.39mg (3.86%)