



Moroccan Chickpea Chili



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 31 ounce chickpeas rinsed drained canned garbanzo beans
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons paprika
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons no-salt-added tomato paste
- ☐ 1.5 cups water

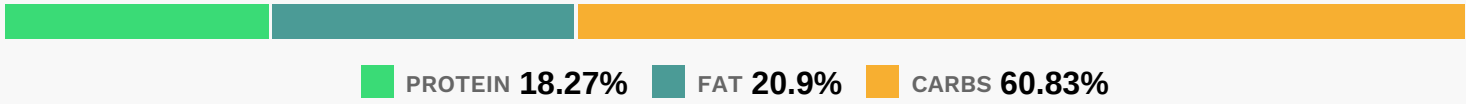
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion and next 3 ingredients; saut 5 minutes. Stir in cumin and next 7 ingredients; cook 1 minute, stirring constantly.
- ☐ Add 1 1/2 cups water, tomato paste, chickpeas, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Stir in cilantro and juice.

Nutrition Facts



Properties

Glycemic Index:96.29, Glycemic Load:12.3, Inflammation Score:-10, Nutrition Score:25.92217399763%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 288.21kcal (14.41%), Fat: 7.15g (11%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 46.82g (15.61%), Net Carbohydrates: 32.74g (11.91%), Sugar: 8.47g (9.41%), Cholesterol: 0mg (0%), Sodium: 990.23mg (43.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.13%), Manganese: 2.39mg (119.47%), Vitamin A: 3680.79IU (73.62%), Vitamin B6: 1.35mg (67.38%), Fiber: 14.08g (56.32%), Copper: 0.62mg (31.19%), Iron: 5.59mg (31.04%), Potassium: 924.19mg (26.41%), Magnesium: 100.06mg (25.01%), Phosphorus: 249.41mg (24.94%), Folate: 88.46µg (22.11%), Vitamin C: 18.02mg (21.84%), Vitamin K: 17.19µg (16.37%), Vitamin E: 2.45mg (16.31%), Calcium: 156.07mg (15.61%), Zinc: 2.13mg (14.17%), Vitamin B1: 0.2mg (13.28%), Vitamin B3: 2.28mg (11.41%), Vitamin B5: 1.14mg (11.36%), Selenium: 6.33µg (9.04%), Vitamin B2: 0.15mg (8.8%)