



## Pakistani Spicy Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



219 kcal

SIDE DISH

### Ingredients

- 30 ounce garbanzo beans drained canned
- 0.5 teaspoon chili powder
- 1 teaspoon cumin seeds
- 1 tablespoon juice of lemon
- 0.5 teaspoon lemon pepper
- 1 onion chopped
- 0.5 teaspoon salt
- 2 tomatoes chopped

2 tablespoons vegetable oil

## Equipment

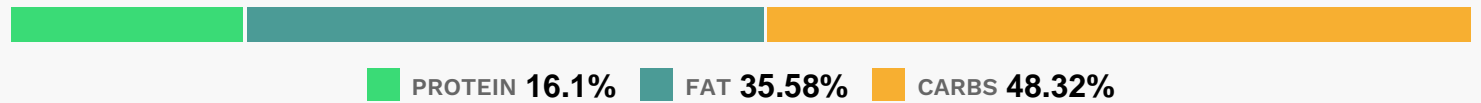
bowl

pot

## Directions

- In a large pot over low heat, warm oil and cumin; heat until cumin turns a darker shade of brown.
- Add salt, chili powder and lemon and pepper seasoning; mix well. Stir in tomatoes; once the juice begins to thicken add in chickpeas and mix well.
- Add in lemon juice and mix well; add onions and stir until they become soft.
- Remove from heat and place into a serving bowl; serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:28.47, Glycemic Load:7.22, Inflammation Score:-6, Nutrition Score:13.870434636655%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

## Nutrients (% of daily need)

Calories: 218.66kcal (10.93%), Fat: 9.01g (13.86%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 27.53g (9.18%), Net Carbohydrates: 18.91g (6.87%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 712.78mg (30.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.35%), Manganese: 1.52mg (75.95%), Vitamin B6: 0.88mg (43.91%), Fiber: 8.62g (34.48%), Phosphorus: 157.42mg (15.74%), Copper: 0.31mg (15.33%), Iron: 2.6mg (14.42%), Magnesium: 55.83mg (13.96%), Vitamin K: 14.54µg (13.85%), Folate: 54.81µg (13.7%), Vitamin C: 9.73mg (11.8%), Potassium: 410.51mg (11.73%), Vitamin A: 501.44IU (10.03%), Zinc: 1.33mg (8.85%), Calcium: 75.11mg (7.51%), Vitamin

B5: 0.59mg (5.88%), Vitamin B1: 0.09mg (5.78%), Vitamin E: 0.81mg (5.41%), Selenium: 3.59µg (5.12%), Vitamin B3: 0.59mg (2.93%), Vitamin B2: 0.04mg (2.64%)