



 **91%**
HEALTH SCORE

Quick Chickpea Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 1 large onion diced yellow
- 3 garlic clove minced
- 1 tablespoon curry powder
- 1 cinnamon sticks (3 inches)
- 1 inch ground cloves
- 30 ounces chickpeas rinsed drained canned
- 3 tablespoons catsup

1 serving coarse mustard

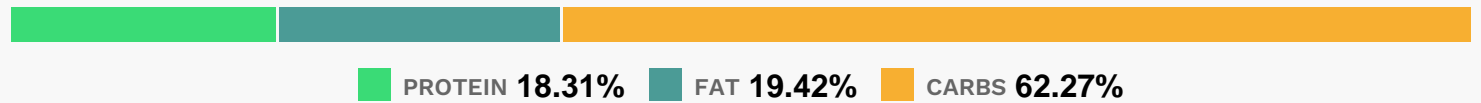
Equipment

frying pan

Directions

- In a large straight-sided skillet, heat oil over medium-high heat.
- Add onion and cook, stirring occasionally, until dark brown around edges, about 6 minutes.
- Add garlic, curry, cinnamon, and cloves and cook, stirring, until fragrant, 30 seconds.
- Add chickpeas, ketchup, 1 teaspoon salt, 1/4 teaspoon pepper, and 2 cups water. Bring to a boil; reduce to a simmer, cover, and cook 20 minutes. Uncover, and increase heat to medium-high; cook until sauce is slightly reduced, 5 minutes.
- Serve topped with cilantro, with lemon wedges alongside if desired.

Nutrition Facts



Properties

Glycemic Index:31.19, Glycemic Load:11.87, Inflammation Score:-8, Nutrition Score:25.15913024156%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg, Quercetin: 7.75mg

Nutrients (% of daily need)

Calories: 417.22kcal (20.86%), Fat: 9.33g (14.35%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 67.29g (22.43%), Net Carbohydrates: 49.39g (17.96%), Sugar: 14.29g (15.88%), Cholesterol: 0mg (0%), Sodium: 133.56mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.58%), Manganese: 2.52mg (126.23%), Folate: 376.37µg (94.09%), Fiber: 17.9g (71.61%), Copper: 0.8mg (39.78%), Phosphorus: 381.62mg (38.16%), Iron: 6.86mg (38.11%), Magnesium: 112.83mg (28.21%), Zinc: 3.45mg (22.98%), Potassium: 743.19mg (21.23%), Vitamin B6: 0.41mg (20.29%), Vitamin B1: 0.28mg (18.4%), Calcium: 135.49mg (13.55%), Selenium: 9.16µg (13.09%), Vitamin K: 12.96µg (12.34%), Vitamin E: 1.78mg (11.86%), Vitamin B2: 0.17mg (10.04%), Vitamin C: 6.91mg (8.38%), Vitamin B3: 1.41mg

(7.05%), Vitamin B5: 0.68mg (6.8%), Vitamin A: 134.37IU (2.69%)