



Quorn™ and Chickpea Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon mustard seed black
- ☐ 8 ounce chickpeas drained canned (garbanzo beans)
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon cumin seed
- ☐ 1 teaspoon garam masala
- ☐ 3 cloves garlic crushed
- ☐ 1 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground turmeric
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons tomato purée
- ☐ 1 cup vegetable broth
- ☐ 2 tablespoons vegetable oil

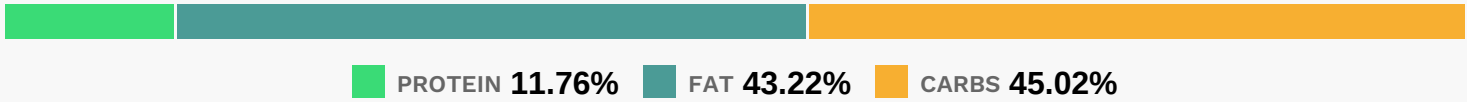
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 1 tablespoon oil in a large skillet or wok over medium-high heat. Cook Quorn in oil until golden brown. Set aside.
- ☐ Using the same pan, heat remaining 1 tablespoon oil over medium heat. Cook onion, garlic, cumin seed, and mustard seed in oil for 3 to 5 minutes, or until the onion is soft.
- ☐ Season with ground turmeric, cumin, and coriander, chili powder, and salt.
- ☐ Mix in tomato puree, then stir in Quorn, chickpeas, diced tomatoes, and vegetable stock. Bring to a boil, reduce heat to medium-low, and simmer for 20 to 25 minutes.
- ☐ Remove from heat, and mix in garam masala.

Nutrition Facts



Properties

Glycemic Index:48.83, Glycemic Load:5.25, Inflammation Score:-10, Nutrition Score:11.555652079375%

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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg,

Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 171.2kcal (8.56%), Fat: 8.8g (13.54%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 14.99g (5.45%), Sugar: 6.24g (6.94%), Cholesterol: 0mg (0%), Sodium: 1117.23mg (48.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Manganese: 0.81mg (40.73%), Vitamin B6: 0.5mg (25.23%), Fiber: 5.64g (22.56%), Vitamin K: 18.64µg (17.75%), Iron: 3.03mg (16.85%), Copper: 0.31mg (15.69%), Vitamin C: 12.46mg (15.1%), Vitamin E: 2.09mg (13.96%), Potassium: 475.33mg (13.58%), Magnesium: 46.43mg (11.61%), Vitamin A: 515.82IU (10.32%), Phosphorus: 101.06mg (10.11%), Folate: 33.6µg (8.4%), Vitamin B1: 0.12mg (8.08%), Calcium: 78.79mg (7.88%), Vitamin B3: 1.51mg (7.55%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.51mg (5.09%), Vitamin B2: 0.08mg (4.84%), Selenium: 3.28µg (4.68%)