



## Ridiculously Easy Curried Chickpeas and Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce garbanzo beans rinsed drained canned
- 15 ounce canned tomatoes diced canned (fire-roasted preferred)
- 0.3 teaspoon ground pepper red to taste (or )
- 1 cup quinoa cooked
- 1.5 teaspoons curry powder good to taste (or adjust )
- 2 cloves garlic minced
- 1 tablespoon ginger minced

- 1 medium onion chopped
- 4 servings salt to taste

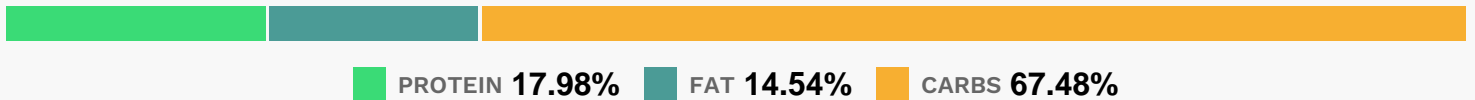
## Equipment

- sauce pan

## Directions

- Heat a medium-sized, non-stick sauce pan over medium-high heat.
- Add the onions and a sprinkle of salt and cook, stirring, until onions soften.
- Add garlic and ginger and cook for another minute.
- Add the chickpeas, curry powder, and red pepper, and stir briefly.
- Add the tomatoes and cooked quinoa, reduce heat to low, and cover. Simmer for about 10 minutes to allow flavors to blend.
- Add salt to taste.
- Serve in wraps, pita bread, or lettuce leaves or with naan or other flatbread.

## Nutrition Facts



## Properties

Glycemic Index:60.08, Glycemic Load:11.38, Inflammation Score:-6, Nutrition Score:16.05999994278%

## 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 200.54kcal (10.03%), Fat: 3.43g (5.28%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 27.02g (9.82%), Sugar: 6.32g (7.03%), Cholesterol: 0mg (0%), Sodium: 634.91mg (27.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Manganese: 1.46mg (72.79%), Vitamin B6: 0.79mg (39.26%), Fiber: 8.81g (35.24%), Copper: 0.47mg (23.59%), Magnesium: 85.54mg (21.39%), Iron: 3.71mg (20.59%), Phosphorus: 203.22mg (20.32%), Potassium: 611.69mg (17.48%), Folate: 66.57µg (16.64%), Vitamin C: 12.66mg

(15.34%), Vitamin E: 1.83mg (12.22%), Vitamin B1: 0.18mg (12.11%), Zinc: 1.63mg (10.86%), Calcium: 94.43mg (9.44%),  
Vitamin B3: 1.72mg (8.6%), Vitamin B2: 0.14mg (7.94%), Vitamin B5: 0.66mg (6.6%), Selenium: 4.56µg (6.52%),  
Vitamin K: 6.62µg (6.31%), Vitamin A: 306.92IU (6.14%)