



Spiced chickpea & potato fry-up



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 300 g potatoes cut into small pieces
- ☐ 2 onions sliced
- ☐ 2 garlic cloves crushed
- ☐ 1 tsp olive oil
- ☐ 1 tsp ground coriander
- ☐ 1 tbsp cumin seeds
- ☐ 410 g chickpea drained and rinsed canned tinned
- ☐ 2 tbsp tomato purée

- ☐ 200 g baby spinach
- ☐ 1 small bunch coriander chopped
- ☐ 4 servings wholemeal chapatis low-fat

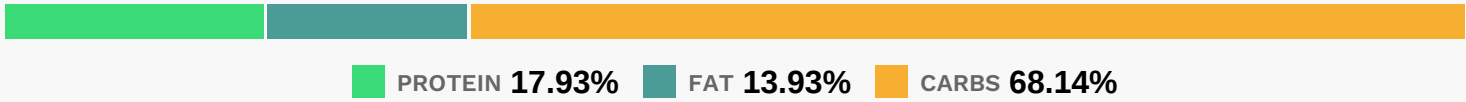
Equipment

- ☐ frying pan

Directions

- ☐ Boil the potatoes in salted water until just tender. While they are cooking, soften the onions and garlic in the oil in a frying pan for a few mins.
- ☐ Add all the spices, then fry for 1 min more. Stir in the chickpeas and tomato pure with 400ml water, then turn the heat up and bubble for a few mins.
- ☐ When the potatoes are ready, drain and add to the pan. Cook for a few mins until the sauce is thick, stir in the spinach, then season. When the spinach has wilted, scatter with coriander and serve with the chapatis, yogurt and chutney on the side.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:16.37, Inflammation Score:-10, Nutrition Score:31.78913045213%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 15.09mg, Quercetin: 15.09mg, Quercetin: 15.09mg, Quercetin: 15.09mg

Nutrients (% of daily need)

Calories: 282.61kcal (14.13%), Fat: 4.58g (7.04%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 50.41g (16.8%), Net Carbohydrates: 38.35g (13.94%), Sugar: 8.55g (9.5%), Cholesterol: 0.13mg (0.04%), Sodium: 59.95mg (2.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.52%), Vitamin K: 254.5µg (242.38%), Vitamin A: 4914.71IU (98.29%), Manganese: 1.8mg (89.78%), Folate: 298.14µg (74.53%), Fiber: 12.06g (48.24%), Vitamin C: 36.3mg (44%), Iron: 6.3mg (34.98%), Magnesium: 121.28mg (30.32%), Potassium: 1058.96mg (30.26%), Copper:

0.58mg (28.88%), Vitamin B6: 0.57mg (28.29%), Phosphorus: 272.13mg (27.21%), Vitamin B1: 0.26mg (17.36%), Zinc: 2.3mg (15.33%), Calcium: 145.25mg (14.52%), Vitamin B2: 0.22mg (12.76%), Vitamin E: 1.81mg (12.09%), Vitamin B3: 1.98mg (9.92%), Selenium: 5.3µg (7.57%), Vitamin B5: 0.67mg (6.75%)