



Spinach and Chickpeas Gravy



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



171 kcal

SAUCE

Ingredients

- ☐ 10 Oz pkt spinach frozen thawed chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup yogurt low fat (I Used Yogurt)
- ☐ 1 cup milk 2% (I Used)
- ☐ 2 Tablespoons oil
- ☐ 1 onion finely chopped

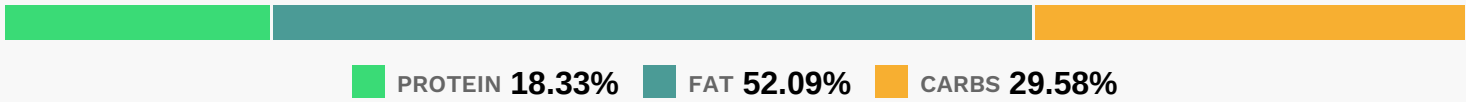
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a skillet.
- ☐ Add the onion, salt and garlic and cook for 2 minutes.Now add the curry powder and cook for another 1 minute.
- ☐ Add yogurt, milk, thawed spinach and the drained chickpeas and let it simmer until all the flavors blend together.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:20.997391337934%

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: 170.86kcal (8.54%), Fat: 10.34g (15.91%), Saturated Fat: 2.3g (14.4%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10.66g (3.87%), Sugar: 8.89g (9.88%), Cholesterol: 10.99mg (3.66%), Sodium: 119.86mg (5.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.37%), Vitamin K: 269.08µg (256.27%), Vitamin A: 8441.41IU (168.83%), Calcium: 287.58mg (28.76%), Folate: 114.77µg (28.69%), Manganese: 0.56mg (28.22%), Vitamin B2: 0.38mg (22.53%), Vitamin E: 3.34mg (22.24%), Phosphorus: 194.81mg (19.48%), Magnesium: 74.01mg (18.5%), Potassium: 526.21mg (15.03%), Vitamin B6: 0.24mg (12.04%), Vitamin B12: 0.67µg (11.21%), Selenium: 7.78µg (11.12%), Fiber: 2.55g (10.22%), Vitamin B1: 0.14mg (9.56%), Zinc: 1.26mg (8.38%), Vitamin C: 6.89mg (8.35%), Iron: 1.47mg (8.18%), Vitamin B5: 0.7mg (6.99%), Copper: 0.13mg (6.29%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.54mg (2.68%)