



WHATSheATE



HEALTH SCORE

100%

Spinach & chickpea curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tbsp curry paste



1 onion chopped



400 g cherry tomatoes canned



800 g garbanzo beans drained and rinsed canned



250 g baby spinach



1 tablespoon juice of lemon



4 servings rice

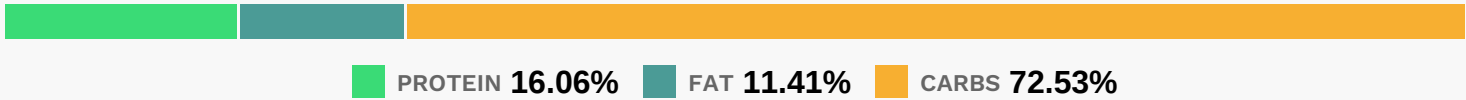
Equipment

☐ frying pan

Directions

- ☐ Heat the curry paste in a large non-stick frying pan. Once it starts to split, add the onion and cook for 2 mins to soften. Tip in the tomatoes and bubble for 5 mins or until the sauce has reduced.
- ☐ Add the chickpeas and some seasoning, then cook for 1 min more. Take off the heat, then tip in the spinach and allow the heat of the pan to wilt the leaves. Season, add the lemon juice, and serve with basmati rice.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:30.32, Inflammation Score:-10, Nutrition Score:33.533478114916%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg, Quercetin: 8.78mg

Nutrients (% of daily need)

Calories: 396.73kcal (19.84%), Fat: 5.14g (7.91%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 73.53g (24.51%), Net Carbohydrates: 61.3g (22.29%), Sugar: 4.6g (5.11%), Cholesterol: 0mg (0%), Sodium: 619.95mg (26.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.57%), Vitamin K: 304.83µg (290.32%), Vitamin A: 7561.65IU (151.23%), Manganese: 2.84mg (141.9%), Vitamin B6: 1.26mg (62.85%), Vitamin C: 44.68mg (54.16%), Fiber: 12.23g (48.92%), Folate: 193.9µg (48.48%), Magnesium: 126.85mg (31.71%), Iron: 5.46mg (30.32%), Copper: 0.57mg (28.74%), Phosphorus: 279.8mg (27.98%), Potassium: 951.66mg (27.19%), Selenium: 12.21µg (17.45%), Calcium: 172.8mg (17.28%), Zinc: 2.4mg (16.01%), Vitamin B1: 0.19mg (12.97%), Vitamin B5: 1.27mg (12.73%), Vitamin E: 1.89mg (12.6%), Vitamin B2: 0.2mg (11.8%), Vitamin B3: 2.02mg (10.08%)