



Spinach Chickpea Curry



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon basil or dried to taste
- ☐ 15 ounce garbanzo beans drained and rinsed canned (chickpeas)
- ☐ 14.8 ounce corn canned
- ☐ 1 tablespoon curry paste
- ☐ 0.5 teaspoon garlic powder to taste
- ☐ 4 servings ground pepper black to taste
- ☐ 1 onion chopped
- ☐ 4 servings salt to taste

- ☐ 1 bunch pkt spinach fresh
- ☐ 12 ounce spicy tofu firm cubed
- ☐ 1 tablespoon vegetable oil

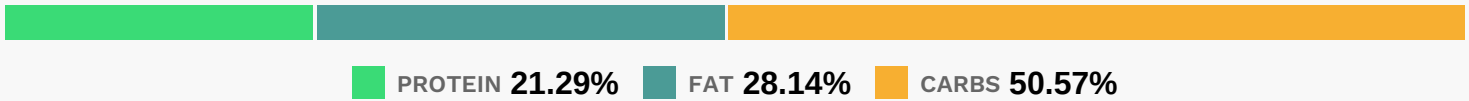
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ In a large wok or skillet heat oil over medium heat; saute onions until translucent. Stir in creamed corn and curry paste. Cook, stirring regularly, for 5 minutes. As you stir, add salt, pepper and garlic.
- ☐ Stir in garbanzo beans and gently fold in tofu.
- ☐ Add spinach and cover. When spinach is tender, remove from heat and stir in basil.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:5.07, Inflammation Score:-10, Nutrition Score:29.445652236109%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 307.26kcal (15.36%), Fat: 10.3g (15.85%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 32.42g (11.79%), Sugar: 5.43g (6.04%), Cholesterol: 0mg (0%), Sodium: 834.33mg (36.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.08%), Vitamin K: 421.36µg (401.3%), Vitamin A: 8657.34IU (173.15%), Manganese: 1.78mg (89%), Folate: 242.62µg (60.66%), Vitamin B6: 0.78mg (38.87%), Vitamin C: 30.63mg (37.13%), Fiber: 9.24g (36.97%), Iron: 5.44mg (30.23%), Magnesium: 118.62mg (29.65%), Calcium: 248.84mg (24.88%), Potassium: 820.04mg (23.43%), Phosphorus: 190.38mg (19.04%), Copper: 0.35mg (17.35%), Vitamin B2: 0.24mg (14.3%), Vitamin E: 2.11mg (14.08%), Zinc: 1.82mg (12.1%), Vitamin B1: 0.14mg (9.33%), Vitamin B3:

1.81mg (9.03%), Vitamin B5: 0.6mg (6.01%), Selenium: 3.63µg (5.19%)