



Sweet and Spicy Curry with Chickpeas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds ground turkey thigh meat
- ☐ 14.5 ounce garbanzo beans drained canned (chickpeas)
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 0.5 cup bottled chili sauce sweet
- ☐ 0.5 cup coconut milk
- ☐ 2 tablespoons curry powder
- ☐ 3 cloves garlic pressed
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 1 onion chopped
- ☐ 1 tablespoon sesame oil

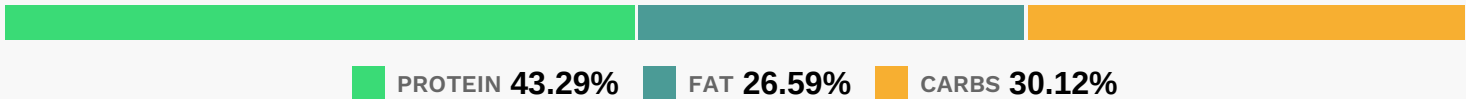
Equipment

- ☐ frying pan

Directions

- ☐ Heat the sesame oil in a skillet over medium heat; cook the turkey with onion and garlic in the oil until the meat is no longer pink, 10 to 15 minutes. Chop the meat up into crumbles as it cooks. Stir in the garbanzo beans, tomatoes, curry powder, chili sauce, and coconut milk; bring the mixture to a boil. Reduce heat and simmer for 15 minutes. Season with salt, black pepper, and crushed red pepper flakes.

Nutrition Facts



Properties

Glycemic Index:44.89, Glycemic Load:4.98, Inflammation Score:-6, Nutrition Score:24.331304052602%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 369.38kcal (18.47%), Fat: 11.26g (17.32%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 23.22g (8.44%), Sugar: 14.02g (15.58%), Cholesterol: 83.16mg (27.72%), Sodium: 575mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.49%), Vitamin B6: 1.79mg (89.59%), Vitamin B3: 15.83mg (79.13%), Selenium: 35.85µg (51.21%), Manganese: 0.99mg (49.34%), Phosphorus: 452.78mg (45.28%), Potassium: 851.83mg (24.34%), Zinc: 3.56mg (23.7%), Iron: 4.18mg (23.25%), Magnesium: 92.17mg (23.04%), Fiber: 5.48g (21.9%), Copper: 0.39mg (19.46%), Vitamin B5: 1.79mg (17.88%), Vitamin B12: 0.77µg (12.85%), Vitamin B2: 0.22mg (12.77%), Vitamin B1: 0.19mg (12.52%), Folate: 47.39µg (11.85%), Vitamin C: 8.61mg (10.44%), Vitamin E: 1.44mg (9.6%), Calcium: 72.13mg (7.21%), Vitamin K: 6.21µg (5.91%), Vitamin A: 216.14IU (4.32%), Vitamin D: 0.6µg (4.03%)