



Tamarind chickpeas



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 0.5 tsp nigella seeds for these in supermarkets (look)
- ☐ 1.5 tsp fennel seeds
- ☐ 1 medium onion chopped
- ☐ 400 g tomatoes chopped canned
- ☐ 3 chillies green seeded cut into quarters lengthways
- ☐ 2 tsp muscovado sugar light
- ☐ 1 tsp paprika

- ☐ 1 tsp turmeric
- ☐ 410 g chickpeas drained and rinsed canned
- ☐ 1 tbsp tamarind paste
- ☐ 1 tbsp coriander fresh chopped
- ☐ 1 leaves half a 250g 9oz bag baby spinach
- ☐ 2 servings natural yogurt and chapatis

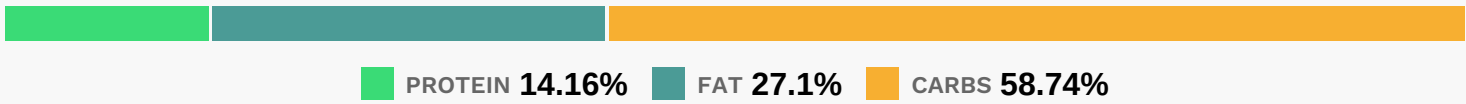
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the oil in a saucepan, fry the nigella and fennel seeds for about 10 seconds.
- ☐ Add the onion and cook gently for 8–10 minutes until golden.
- ☐ Mix in the tomatoes, chillies, sugar, paprika, turmeric and chickpeas. Bring to the boil, then simmer for 10 minutes. Stir in the tamarind and coriander.
- ☐ Add the spinach leaves and stir gently until theyve just wilted.
- ☐ Serve with yogurt and chapatis.

Nutrition Facts



Properties

Glycemic Index:136.67, Glycemic Load:15.8, Inflammation Score:-10, Nutrition Score:27.79391285931%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 398.26kcal (19.91%), Fat: 12.78g (19.66%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 44.57g (16.21%), Sugar: 19.81g (22.01%), Cholesterol: 0.13mg (0.04%), Sodium: 1067.48mg (46.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.05%), Manganese: 2.32mg (116.19%), Fiber: 17.76g (71.02%), Vitamin B6: 1.4mg (69.77%), Vitamin C: 31.86mg (38.62%), Vitamin E: 5.78mg (38.53%), Copper: 0.74mg (37.08%), Iron: 6.48mg (35.99%), Potassium: 1100.78mg (31.45%), Magnesium: 119.01mg (29.75%), Phosphorus: 268.27mg (26.83%), Folate: 91.01µg (22.75%), Vitamin A: 1094.07IU (21.88%), Vitamin B1: 0.29mg (19.17%), Calcium: 185.4mg (18.54%), Vitamin B3: 3.2mg (16.01%), Zinc: 2.22mg (14.8%), Vitamin K: 15.53µg (14.79%), Vitamin B5: 1.29mg (12.86%), Vitamin B2: 0.19mg (10.97%), Selenium: 5.87µg (8.38%)