

Tasty Chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



380 kcal

SIDE DISH

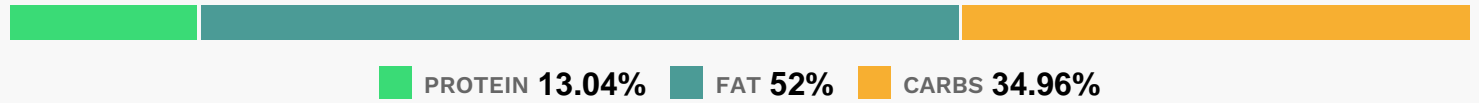
Ingredients

- 15 ounce garbanzo beans canned
- 1 teaspoon ground coriander
- 1 teaspoon curry powder hot
- 0.5 teaspoon mustard seeds
- 2 tablespoons olive oil (or other)
- 1 teaspoon sea salt
- 2 tablespoons sesame seed
- 1 tomatoes ripe chopped (can use more if you like)

0.5 teaspoon turmeric

Equipment

Nutrition Facts



Properties

Glycemic Index:61.67, Glycemic Load:8.77, Inflammation Score:-10, Nutrition Score:20.81347826087%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 379.59kcal (18.98%), Fat: 22.88g (35.2%), Saturated Fat: 3g (18.76%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 22.63g (8.23%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 1759.22mg (76.49%), Protein: 12.91g (25.81%), Manganese: 2.13mg (106.43%), Vitamin B6: 1.14mg (57.08%), Fiber: 11.99g (47.94%), Copper: 0.71mg (35.74%), Iron: 4.77mg (26.49%), Magnesium: 101.86mg (25.47%), Phosphorus: 250.31mg (25.03%), Folate: 73.09µg (18.27%), Vitamin E: 2.64mg (17.61%), Calcium: 174.21mg (17.42%), Zinc: 2.35mg (15.66%), Potassium: 536.01mg (15.31%), Vitamin K: 14.39µg (13.71%), Selenium: 9.02µg (12.89%), Vitamin A: 555IU (11.1%), Vitamin C: 9.14mg (11.08%), Vitamin B1: 0.17mg (11.05%), Vitamin B5: 0.7mg (7.01%), Vitamin B3: 1.12mg (5.6%), Vitamin B2: 0.07mg (4.25%)