



Tofu and Chickpea Curry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 16 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon canola oil
- ☐ 2 cups cauliflower florets
- ☐ 3 cups rice hot cooked
- ☐ 1 tablespoon curry powder
- ☐ 14 ounce tofu drained

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic clove minced
- ☐ 13.5 ounce lite coconut milk light canned
- ☐ 1 cup onion chopped
- ☐ 1.3 teaspoons salt
- ☐ 2 cups sweet potatoes and into cubed peeled ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ spatula
- ☐ slow cooker

Directions

- ☐ Place first 11 ingredients in a 4-quart electric slow cooker; stir well. Cover and cook on LOW for 5 1/2 hours or until vegetables are tender.
- ☐ Place tofu on several layers of paper towels; cover with additional paper towels. Press to absorb excess moisture; cut into 1/2-inch cubes.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add tofu; cook 8 to 10 minutes or until browned, turning with a spatula. Stir into vegetable mixture in slow cooker. Cover and cook on LOW for 30 minutes.
- ☐ Spoon rice into bowls. Ladle curry evenly over rice.
- ☐ Sprinkle with cilantro and, if desired, black pepper.

Nutrition Facts



 PROTEIN **14.97%**  FAT **26.74%**  CARBS **58.29%**

Properties

Glycemic Index:66.89, Glycemic Load:33.64, Inflammation Score:-10, Nutrition Score:20.912608810093%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 390.94kcal (19.55%), Fat: 11.67g (17.96%), Saturated Fat: 5.08g (31.76%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 48.94g (17.8%), Sugar: 8.87g (9.86%), Cholesterol: 0mg (0%), Sodium: 878.61mg (38.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.41%), Vitamin A: 6472.19IU (129.44%), Manganese: 1.38mg (69.14%), Vitamin B6: 0.75mg (37.33%), Fiber: 8.31g (33.22%), Vitamin C: 26.02mg (31.54%), Copper: 0.4mg (20.07%), Iron: 3.58mg (19.89%), Potassium: 653.34mg (18.67%), Calcium: 175.98mg (17.6%), Phosphorus: 165.2mg (16.52%), Magnesium: 65.88mg (16.47%), Folate: 60.96µg (15.24%), Vitamin B5: 1.35mg (13.47%), Selenium: 8.8µg (12.57%), Vitamin K: 13µg (12.38%), Vitamin E: 1.67mg (11.15%), Vitamin B1: 0.16mg (10.66%), Zinc: 1.42mg (9.47%), Vitamin B3: 1.75mg (8.77%), Vitamin B2: 0.12mg (6.83%)