



## Tofu and Chickpea Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

SIDE DISH

### Ingredients

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

- 3 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 2 garlic 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 14.69% ■ FAT 24.16% ■ CARBS 61.15%

## Properties

Glycemic Index:64.39, Glycemic Load:33.49, Inflammation Score:0, Nutrition Score:21.830000089562%

## 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: 371.76kcal (18.59%), Fat: 10.02g (15.42%), Saturated Fat: 4.95g (30.93%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 49.21g (17.89%), Sugar: 9.33g (10.37%), Cholesterol: 0mg (0%), Sodium: 917.64mg (39.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Vitamin A: 6472.19IU (129.44%), Manganese: 1.38mg (69.14%), Vitamin B6: 0.75mg (37.7%), Vitamin C: 26.02mg (31.54%), Fiber: 7.84g (31.37%), Copper: 0.53mg (26.69%), Phosphorus: 231.35mg (23.14%), Potassium: 755.21mg (21.58%), Magnesium: 83.74mg (20.94%), Iron: 3.57mg (19.85%), Folate: 60.96µg (15.24%), Vitamin B1: 0.21mg (14.14%), Vitamin B5: 1.35mg (13.47%), Selenium: 8.8µg (12.57%), Vitamin K: 13µg (12.38%), Zinc: 1.82mg (12.12%), Calcium: 113.8mg (11.38%), Vitamin E: 1.67mg (11.15%), Vitamin B3: 1.91mg (9.54%), Vitamin B2: 0.14mg (8.15%)