



Tomato, Chick Peas and Toasted Quinoa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



281 kcal

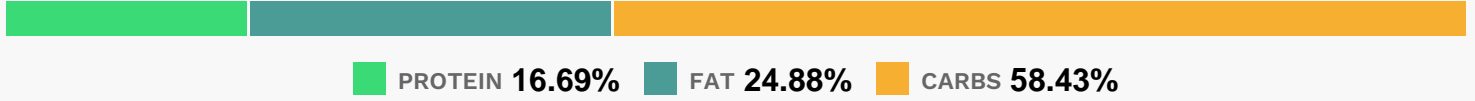
Ingredients

- 25 ounce garbanzo beans organic canned
- 0.3 teaspoon chipotle chili powder dried
- 1 tablespoon coconut oil
- 1 cup quinoa cooked toasted (and)
- 1.5 teaspoons curry powder fresh
- 14.5 ounce canned tomatoes diced fire roasted canned ()
- 1 large garlic clove minced ()
- 1 tablespoon ginger minced ()
- 1 onion chopped ()

4 servings salt

Equipment

Nutrition Facts



Properties

Glycemic Index:48.08, Glycemic Load:11.73, Inflammation Score:-7, Nutrition Score:15.928260869565%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 280.52kcal (14.03%), Fat: 7.98g (12.27%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 42.15g (14.05%), Net Carbohydrates: 31.45g (11.44%), Sugar: 4.01g (4.45%), Cholesterol: 0mg (0%), Sodium: 851.76mg (37.03%), Protein: 12.04g (24.08%), Manganese: 1.83mg (91.4%), Vitamin B6: 0.95mg (47.57%), Fiber: 10.69g (42.77%), Phosphorus: 224.76mg (22.48%), Iron: 3.75mg (20.84%), Magnesium: 83.23mg (20.81%), Copper: 0.38mg (19.22%), Folate: 70.35µg (17.59%), Zinc: 1.83mg (12.17%), Potassium: 399.17mg (11.4%), Calcium: 112.82mg (11.28%), Vitamin A: 485.03IU (9.7%), Vitamin B1: 0.12mg (8.2%), Selenium: 5.25µg (7.5%), Vitamin B5: 0.57mg (5.73%), Vitamin C: 4.47mg (5.42%), Vitamin B2: 0.09mg (5.27%), Vitamin E: 0.52mg (3.46%), Vitamin B3: 0.51mg (2.56%)