



HEALTH SCORE

81%

Vegetable and Chickpea Curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 cups baby spinach fresh



1.5 cups baking potato cubed peeled



0.3 teaspoon pepper black



1 teaspoon brown sugar



14.5 ounce canned tomatoes diced undrained canned



1 cup carrots ()



3 cups chickpeas cooked (garbanzo beans)



1 tablespoon curry powder

- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 1 cup cut green beans (1-inch)
- ☐ 1 cup bell pepper diced green
- ☐ 0.1 teaspoon ground pepper red
- ☐ 6 lemon wedges
- ☐ 1 cup coconut milk light
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 serrano chile minced seeded
- ☐ 14 ounce vegetable broth canned

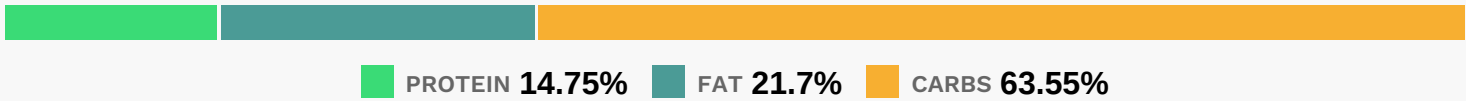
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and carrot; cover and cook 5 minutes or until tender.
- ☐ Add curry powder, sugar, ginger, garlic, and chile; cook 1 minute, stirring constantly.
- ☐ Place onion mixture in a 5-quart electric slow cooker. Stir in chickpeas and next 8 ingredients (through broth). Cover and cook on HIGH 6 hours or until vegetables are tender.
- ☐ Add spinach and coconut milk; stir until spinach wilts.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:82.47, Glycemic Load:13.73, Inflammation Score:-10, Nutrition Score:29.174347587254%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 290.01kcal (14.5%), Fat: 7.35g (11.3%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 36.93g (13.43%), Sugar: 12.89g (14.32%), Cholesterol: 0mg (0%), Sodium: 615.68mg (26.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.23g (22.47%), Vitamin A: 5541.46IU (110.83%), Vitamin K: 95.44µg (90.9%), Manganese: 1.4mg (69.77%), Vitamin C: 50.61mg (61.34%), Folate: 208.36µg (52.09%), Fiber: 11.48g (45.92%), Vitamin B6: 0.58mg (28.99%), Copper: 0.55mg (27.4%), Iron: 4.87mg (27.07%), Potassium: 939.85mg (26.85%), Magnesium: 92.03mg (23.01%), Phosphorus: 227.35mg (22.74%), Vitamin B1: 0.26mg (17.55%), Vitamin E: 2.37mg (15.82%), Zinc: 1.89mg (12.62%), Calcium: 121.27mg (12.13%), Vitamin B3: 2.36mg (11.79%), Vitamin B2: 0.19mg (10.95%), Vitamin B5: 0.77mg (7.66%), Selenium: 4.48µg (6.41%)