



Vegetarian Bean Curry

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans drained and rinsed canned
- 8 ounce kidney beans drained and rinsed canned
- 28 ounce canned tomatoes crushed canned
- 1 pinch cayenne pepper
- 3 tablespoons curry powder
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 0.5 cup lentils dry

- 2 tablespoons olive oil
- 0.5 cup raisins
- 8 servings salt and pepper to taste
- 1 large onion white chopped

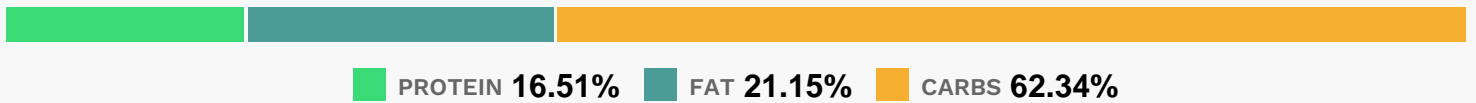
Equipment

- pot

Directions

- Heat the oil in a large pot over medium heat, and cook the onion until tender.
- Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:39.09, Glycemic Load:10.57, Inflammation Score:-6, Nutrition Score:15.744347800379%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 218.52kcal (10.93%), Fat: 5.48g (8.44%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 25.24g (9.18%), Sugar: 6.01g (6.67%), Cholesterol: 0mg (0%), Sodium: 550.91mg (23.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Manganese: 1.02mg (51.25%), Fiber: 11.11g (44.46%), Vitamin B6: 0.56mg (28.19%), Folate: 98.4µg (24.6%), Iron: 4.34mg (24.13%), Copper: 0.42mg (21.22%), Potassium: 700.24mg (20.01%), Phosphorus: 180.96mg (18.1%), Magnesium: 68.78mg (17.19%), Vitamin B1: 0.25mg (16.92%), Vitamin E: 2.32mg (15.47%), Vitamin C: 12.33mg (14.95%), Vitamin K: 11.48µg (10.94%), Zinc: 1.54mg

(10.3%), Vitamin B3: 1.95mg (9.76%), Calcium: 88.75mg (8.87%), Vitamin B2: 0.13mg (7.85%), Vitamin B5: 0.76mg (7.6%), Selenium: 3.62µg (5.17%), Vitamin A: 256.99IU (5.14%)