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Chickpea Curry ♦♦

Chickpea curry is a flavorful and nutritious dish that originated in Indian cuisine. It is made with tender chickpeas cooked in a rich and aromatic curry sauce. This dish is popular among vegans and vegetarians due to its plant-based ingredients and delicious taste. It can be enjoyed as a main course or as a side dish with rice or bread. The combination of spices and herbs gives this curry a unique and satisfying flavor.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Chickpeas
150 g	onion
200 g	Tomatoes
3 cloves	garlic

10 g	Ginger
1 tsp	Turmeric
1 tsp	Cumin
1 tsp	Coriander
1 tsp	garam masala
400 ml	coconut milk
2 tbsp	vegetable oil
1 tsp	Salt
100 ml	Water

Directions

Step 1

Rinse and drain the chickpeas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat vegetable oil in a pan and sauté the chopped onion, garlic, and ginger until golden brown.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stirring

Add the turmeric, cumin, coriander, and garam masala to the pan and cook for another minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stirring

Add the chopped tomatoes and cook until they soften.

Prep Time: 2 mins

Cook Time: 3 mins

Step 5

Simmering

Add the chickpeas, coconut milk, water, and salt to the pan. Simmer for 15-20 minutes until the curry thickens.

Prep Time: 2 mins

Cook Time: 20 mins

Step 6

Garnishing

Garnish with fresh coriander leaves and serve hot with rice or bread.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Cuisines

Indian

Course

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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