

Indian Chickpea Curry

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-indian-chickpea-curry-recipe>

Ingredients:

- 1 onion sliced
- 2 tablespoons curry paste Indian style
- 1/4 cup peanut KRAFT* Light Crunchy, Spread
- 3/4 cup vegetable stock
- 1 cauliflower medium sized, cut into florets
- 425 grams chickpeas garbanzo beans, drained
- 2 cups baby spinach leaves washed
- 200 milliliters coconut cream can Lite
- 4 cups cooked rice
- coriander or parsley to garnish, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 41 grams
3. Fat: 23 grams
4. Fiber: 10 grams
5. Protein: 13 grams
6. SaturatedFat: 16 grams
7. Sodium: 540 milligrams
8. Sugar: 6 grams

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