

Curried Chickpeas - NSLP

General Information

Recipe #	Category	Source
1756499	Vegetables 	Local
Copied From		
Curried Chickpeas - CACFP		

Ingredients

Name	Quantity	+	Quantity
			2
Garlic, raw	1 c.		
Onions, raw	5 lbs., 4 oz. chopped		
Peppers, sweet, red, raw	5 lbs., 4 oz. diced		
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	20 lbs.		
Vegetable oil, palm kernel	1 ¼ c., 1 tbsp., ¾ tsp.		
Salt, table	1 tbsp., 1 tsp.		
Spices, pepper, black	2 tbsp. ground		
Spices, cumin seed	3 tbsp. ground		
Spices, cinnamon, ground	1 tsp.		
Spices, curry powder	¾ c.		
Beverages, water, tap, municipal	2 qt., 1 pt.		
Tomatoes, red, ripe, raw, year round average	1 gal., 2 qt., 1 pt. chopped or sliced		

Preparation Instructions

HACCP Process: #2 - Same Day Service

- 1.Mince garlic, onions and bell peppers. Rinse and drain chickpeas. Set aside.
2. Heat oil, add garlic and cook for 30 seconds. Add onions, peppers, and salt. Cook until soft about 5-7 minutes.
3. Add pepper, cumin, cinnamon, and curry powder. Cook for 2 minutes.
4. Add water and bring to a boil. Reduce heat. Add chickpeas and diced tomatoes. Simmer for 20 minutes or until chickpeas are tender. Hold hot for service.



Curried Chickpeas - NSLP

Serving Size	Yield
1 Cup	100.00

Nutrition Facts

Serving Size 1 Cup (214 gm)

Amount Per Serving		
Calories		179.859
% Daily Value*		
Total Fat	5.476 gm	8.424%
Saturated Fat	2.595 gm	12.973%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	291.358 mg	12.14%
Total	27.300 gm	9.1%
Carbohydrate		
Dietary Fiber	7.669 gm	30.674%
Total Sugars	6.910 gm	
Includes 0.000 gm of Added Sugars		
Protein	7.546 gm	15.092%
Vitamin A	58.160 mcg RAE	6.462%
Vitamin C	39.124 mg	65.207%
Vitamin D	0.000 mcg	
Calcium	61.061 mg	6.106%
Iron	1.512 mg	8.4%
Potassium	315.399 mg	6.711%
Saturated Fat % of Calories		12.983 %
Added Sugar % of Calories		0.000 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Remove product from dry storage room using oldest pack date first.

Clean top of can before opening. Ensure that can has no dents or defects. Using clean can opener, open can. Discard lid. Caution: Edges are sharp. Use caution when handling.

Place product in clean pan for heating. Heat product according to manufacturer instructions.

Remove product from steamer, oven or steam kettle. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Record time and internal temperature of completed recipe on daily log.

Meal Components

Component	Measurement
Red/Orange	0.375 cups
Beans, Peas, and Lentils	0.5 cups
Other Vegetables	0.125 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
02-27-2025	02-27-2025

Edit Recipe