



African Curried Coconut Soup with Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings pepper black freshly ground to taste
- 6 ounces onion chopped
- 0.8 cup brown rice white cooked
- 1 jalapeno seeded finely chopped
- 1 cup canned tomatoes fresh canned peeled seeded chopped (see Cook's Tip)
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon curry powder
- 1 pepper flakes seeded finely chopped

- 0.5 teaspoon salt to taste
- 15 ounce garbanzo beans rinsed drained canned
- 2 cups vegetable broth low-sodium
- 2 large cloves garlic finely chopped
- 6 ounces bell pepper red chopped
- 2 tablespoons canola oil
- 14 ounce lite coconut milk light canned

Equipment

- pot

Directions

- In a medium stockpot, heat the oil over medium heat.
- Add the onion, bell pepper, and chili; cook, stirring, until softened, about 5 minutes.
- Add the garlic and cook, stirring constantly, 1 minute.
- Add the broth, chickpeas, tomatoes, curry powder, salt, and black pepper; bring to a boil over high heat. Reduce the heat and simmer gently, uncovered, stirring occasionally, about 10 minutes.
- Add the remaining ingredients and cook, stirring occasionally, until heated through, about 5 minutes.
- Serve warm.
- To peel fresh tomatoes, bring a medium stockpot filled with water to a boil over high heat; drop in the tomatoes and boil 20 seconds.
- Drain and rinse under cold-running water. Peel off the skins.
- Per Serving: Calories 401; Protein 17g; Total Fat 20g; Sat. Fat 10g; Cholesterol 0mg; Carbohydrate 43g; Dietary Fiber 7g; Sodium 576g
- The Tropical Vegan Kitchen by Donna Klein
- Reprinted from The Tropical Vegan Kitchen by Donna Klein by arrangement with HP Books, a member of Penguin Group (USA) Inc. © 2009

Nutrition Facts

PROTEIN 10.24% FAT 42.74% CARBS 47.02%

Properties

Glycemic Index:91.38, Glycemic Load:11.26, Inflammation Score:-9, Nutrition Score:21.186521799668%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 343.66kcal (17.18%), Fat: 16.47g (25.33%), Saturated Fat: 7.49g (46.81%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 31.66g (11.51%), Sugar: 7.53g (8.36%), Cholesterol: 0mg (0%), Sodium: 754.28mg (32.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.88g (17.76%), Vitamin C: 84.15mg (102%), Manganese: 1.57mg (78.46%), Vitamin B6: 0.92mg (45.97%), Fiber: 9.1g (36.4%), Vitamin A: 1642.25IU (32.84%), Vitamin E: 2.98mg (19.88%), Magnesium: 71.23mg (17.81%), Copper: 0.35mg (17.67%), Folate: 68.03µg (17.01%), Phosphorus: 165.99mg (16.6%), Potassium: 572.11mg (16.35%), Iron: 2.87mg (15.97%), Vitamin K: 13.98µg (13.32%), Vitamin B1: 0.17mg (11.55%), Vitamin B3: 2.05mg (10.23%), Zinc: 1.38mg (9.18%), Vitamin B5: 0.86mg (8.62%), Calcium: 82.05mg (8.2%), Vitamin B2: 0.12mg (6.77%), Selenium: 3.12µg (4.46%)