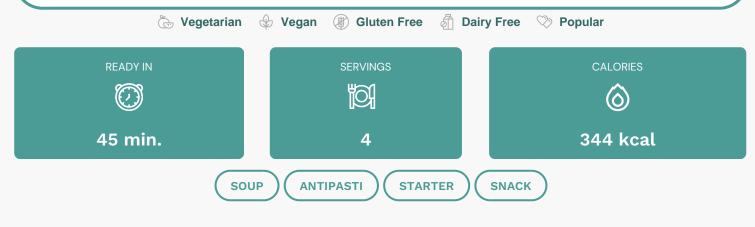


African Curried Coconut Soup with Chickpeas



Ingredients

6 ounces onion chopped
O.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

4 servings pepper black freshly ground to taste

	0.5 teaspoon salt to taste
H	
브	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 ove 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 Omg; 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

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, Isorhamnetin: 2.13mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, 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: Omg (0%), Sodium: 754.28mg (32.79%), Alcohol: Og (100%), Alcohol %: O% (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%)