



Artichoke and Chickpea Stew



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce artichoke hearts drained quartered canned
- ☐ 15.5 ounce garbanzo beans drained canned
- ☐ 2 carrots chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 1 teaspoon juice of lemon
- ☐ 1 quart chicken broth low-sodium
- ☐ 2 tablespoons olive oil

- ☐ 0.1 teaspoon pepper flakes red
- ☐ 4 medium roma tomatoes chopped plum
- ☐ 4 servings salt and pepper to taste
- ☐ 1 medium onion yellow chopped

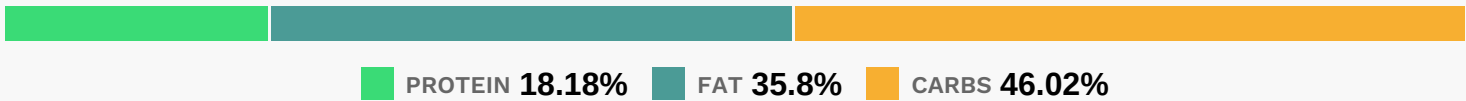
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat, cook the onion until translucent. Stir in the garlic and chili flakes; cook until the garlic has begun to soften, about 1 minute.
- ☐ Add the carrots, tomatoes, artichokes, garbanzo beans, and chicken broth. Bring to a boil over medium-high heat, then reduce heat to low and simmer until the carrots are tender.
- ☐ Season with sage, lemon juice, salt, and pepper to taste. Cook for 5 to 10 minutes more to meld the flavors.

Nutrition Facts



Properties

Glycemic Index:45.54, Glycemic Load:6.62, Inflammation Score:-10, Nutrition Score:22.586086998815%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 264.94kcal (13.25%), Fat: 10.9g (16.76%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 22.75g (8.27%), Sugar: 5.45g (6.05%), Cholesterol: 0mg (0%), Sodium: 989.95mg (43.04%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.9%), Copper: 4.91mg (245.56%), Vitamin A: 5647.83IU (112.96%), Manganese: 1.27mg (63.73%), Vitamin B6: 0.73mg (36.28%), Fiber: 8.76g (35.06%), Vitamin B3: 4.12mg (20.62%), Phosphorus: 200.12mg (20.01%), Potassium: 673.4mg (19.24%), Vitamin C: 14.33mg (17.37%), Iron: 2.46mg (13.68%), Vitamin K: 13.39µg (12.75%), Magnesium: 49.11mg (12.28%), Folate: 48.19µg (12.05%), Vitamin E: 1.58mg (10.53%), Calcium: 88.95mg (8.9%), Zinc: 1.3mg (8.69%), Vitamin B2: 0.13mg (7.76%), Vitamin B1: 0.1mg (6.98%), Vitamin B5: 0.53mg (5.3%), Selenium: 3.02µg (4.31%), Vitamin B12: 0.24µg (3.94%)