



Artichoke and Garbanzo Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz artichoke hearts rinsed drained quartered canned
- ☐ 2 carrots peeled chopped (6 to 8 oz. total)
- ☐ 30 oz chicken broth reduced-sodium canned
- ☐ 0.3 teaspoon chile flakes hot
- ☐ 1 tablespoon sage fresh chopped
- ☐ 15 oz garbanzos drained and rinsed canned
- ☐ 4 cloves garlic minced peeled
- ☐ 1 teaspoon juice of lemon

- ☐ 2 tablespoons olive oil
- ☐ 6 oz onion peeled chopped
- ☐ 6 servings bell pepper
- ☐ 4 roma tomatoes seeded chopped (12 oz. total)
- ☐ 1 teaspoon salt

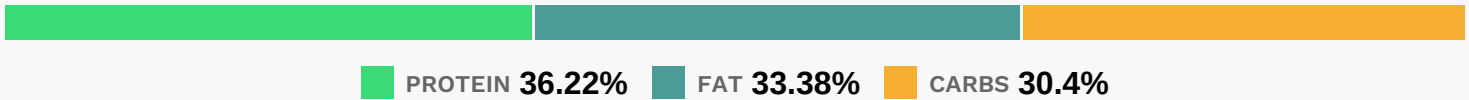
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Set a 4- to 6-quart pan over medium-high heat.
- ☐ Add oil, onion, and 1 teaspoon salt. Stir often until onion becomes translucent, about 3 minutes.
- ☐ Add garlic and chile flakes. Stir until garlic softens, 1 to 2 minutes.
- ☐ Add carrots, tomatoes, artichoke hearts, garbanzos, and chicken broth. Bring to a boil, then reduce heat. Cover and simmer until carrots are tender when pierced, about 15 minutes.
- ☐ Season with sage, lemon juice, salt, and pepper to taste. Ladle into bowls.

Nutrition Facts



Properties

Glycemic Index:33.26, Glycemic Load:6.39, Inflammation Score:-10, Nutrition Score:34.257826284222%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg

Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 503.77kcal (25.19%), Fat: 18.44g (28.37%), Saturated Fat: 4.13g (25.81%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 26.97g (9.81%), Sugar: 10.92g (12.14%), Cholesterol: 70.87mg (23.62%), Sodium: 1621.21mg (70.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.02g (90.04%), Copper: 3.42mg (170.81%), Vitamin C: 106.19mg (128.71%), Vitamin A: 6369.32IU (127.39%), Manganese: 1.06mg (53.08%), Folate: 174.71µg (43.68%), Fiber: 10.83g (43.31%), Selenium: 29.24µg (41.78%), Phosphorus: 384.32mg (38.43%), Vitamin B6: 0.71mg (35.34%), Zinc: 5.03mg (33.52%), Iron: 4.63mg (25.74%), Vitamin B3: 5.01mg (25.03%), Vitamin B12: 1.42µg (23.62%), Potassium: 799.62mg (22.85%), Magnesium: 82.1mg (20.52%), Vitamin E: 2.95mg (19.66%), Vitamin K: 18.74µg (17.85%), Vitamin B2: 0.28mg (16.55%), Vitamin B1: 0.17mg (11.44%), Calcium: 87.94mg (8.79%), Vitamin B5: 0.58mg (5.8%)