



Chickpea and Potato Soup

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce chickpeas canned
- ☐ 1 quart chicken stock see
- ☐ 1 cup ditalini pasta
- ☐ 1 box pkt spinach frozen drained chopped
- ☐ 3 cloves garlic chopped
- ☐ 2 large idaho potatoes peeled chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped

- ☐ 4 servings parmigiano-reggiano grated
- ☐ 4 servings salt and pepper

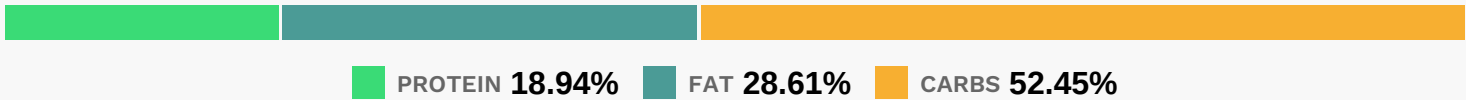
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil, 3 turns of the pan, in a soup pot or Dutch oven over medium to medium-high heat.
- ☐ Add the potatoes, season with salt and pepper and lightly brown them, 5 to 6 minutes.
- ☐ Add the garlic and onions, and partially cover the pan to wilt the onions, 5 to 6 minutes more.
- ☐ Add the chickpeas, stock and 3 cups water, and bring to a low boil.
- ☐ Add the pasta and cook to al dente.
- ☐ Add the spinach, separating it with your fingers as you stir it in. Adjust the salt and pepper and serve the soup in shallow bowls topped with grated cheese.
- ☐ Get Rachael's shopping list for this episode's recipes here.

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:34.74, Inflammation Score:-10, Nutrition Score:47.0699999943609%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 810.74kcal (40.54%), Fat: 26.19g (40.3%), Saturated Fat: 7.75g (48.42%), Carbohydrates: 108.02g (36.01%), Net Carbohydrates: 92.81g (33.75%), Sugar: 8.32g (9.24%), Cholesterol: 27.5mg (9.17%), Sodium: 1630.77mg (70.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.01g (78.02%), Vitamin K: 274.98µg (261.88%), Vitamin A: 8599.42IU (171.99%), Manganese: 2.89mg (144.52%), Vitamin B6: 2mg (100.07%), Selenium: 47.97µg (68.53%), Phosphorus: 660.8mg (66.08%), Fiber: 15.22g (60.87%), Calcium: 569.07mg (56.91%), Folate: 207.07µg (51.77%), Magnesium: 198.51mg (49.63%), Potassium: 1734.38mg (49.55%), Copper: 0.88mg (43.81%), Iron: 6.84mg (37.98%), Vitamin B3: 7.12mg (35.6%), Vitamin B2: 0.59mg (34.6%), Vitamin B1: 0.44mg (29.04%), Zinc: 4.14mg (27.6%), Vitamin E: 3.78mg (25.21%), Vitamin C: 18.57mg (22.51%), Vitamin B5: 1.59mg (15.92%), Vitamin B12: 0.36µg (6%)