



Chickpea and Romaine Soup with Golden Vermicelli



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 1 clove garlic minced
- ☐ 4 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 2 plum tomatoes chopped

- ☐ 0.3 pound vermicelli
- ☐ 0.7 pounds romaine lettuce shredded 5 cups
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon turmeric
- ☐ 3 cups water

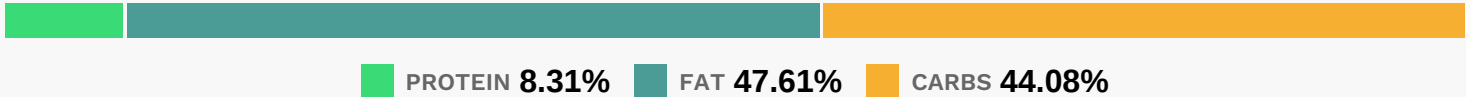
Equipment

- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a large pot, heat 2 tablespoons of the oil over moderately low heat.
- ☐ Add the onion, garlic, turmeric, paprika, and cayenne and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Stir in the tomatoes and cook 5 minutes longer.
- ☐ Add the chickpeas, broth, water, and salt. Bring to a boil and then reduce to a simmer.
- ☐ Meanwhile, in a large frying pan, heat the remaining 2 tablespoons of oil over moderate heat.
- ☐ Add the vermicelli and cook, stirring occasionally, until golden, about 5 minutes.
- ☐ Remove the browned pasta with a slotted spoon; add it to the soup along with the romaine. Simmer until the pasta is tender, about 5 minutes.
- ☐ Variations: We originally made this soup with Swiss chard. When it came time to retest, we were out of chard but had plenty of romaine; we used that and liked the soup even better. Swiss chard still makes a fine substitution, though, as does spinach.
- ☐ Wine Recommendation: Since the inspiration for this soup comes from Spain, why not the wine as well? A Rioja Crianza will be perfect here. Crianza means aged for less time than the more complex Reserva and Gran Reserva, and so the wine will be fresh and fruity.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:14.4, Inflammation Score:-10, Nutrition Score:16.628695705663%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 287.37kcal (14.37%), Fat: 15.61g (24.01%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 29.47g (10.72%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 704.3mg (30.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Vitamin A: 7018.64IU (140.37%), Vitamin K: 88.81µg (84.58%), Folate: 113.87µg (28.47%), Manganese: 0.36mg (17.97%), Vitamin E: 2.4mg (16.01%), Vitamin B3: 2.99mg (14.94%), Phosphorus: 137.2mg (13.72%), Potassium: 475.71mg (13.59%), Fiber: 3.04g (12.18%), Vitamin C: 9.67mg (11.72%), Copper: 0.21mg (10.59%), Iron: 1.66mg (9.2%), Vitamin B6: 0.16mg (7.78%), Vitamin B2: 0.13mg (7.48%), Selenium: 4.86µg (6.94%), Magnesium: 24.77mg (6.19%), Vitamin B1: 0.09mg (6.02%), Calcium: 54.72mg (5.47%), Zinc: 0.71mg (4.72%), Vitamin B12: 0.18µg (2.95%), Vitamin B5: 0.19mg (1.94%)