

Chickpea and Turnip Stew with Ethiopian Spices

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons berbere (below)
- 15 ounce garbanzo beans drained well canned
- 2 carrots chopped
- 1 teaspoon ginger minced
- 3 leek white washed chopped well
- 1 medium onion chopped
- 1 teaspoon salt to taste

- 0.5 cup soymilk plain
- 0.5 teaspoon turmeric
- 1 pound turnip
- 4 cups vegetable stock

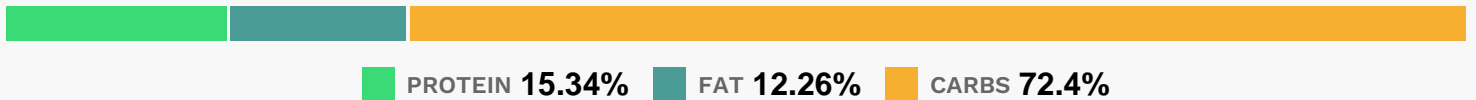
Equipment

- pot
- blender

Directions

- Cut them into 1/2-inch cubes. Coat a large pot lightly with non-stick spray.
- Add the onions and sauté until they begin to turn brown.
- Add the ginger root, berbere seasoning, and turmeric and sauté for another minute.
- Add all the remaining ingredients except the soymilk. Cook, covered, until the turnips are tender, about 20 minutes.
- Remove about 1 1/2 cups of the stew and puree it in a blender. Return it to the pot, along with the soymilk. Stir well until heated throughout and serve.

Nutrition Facts



Properties

Glycemic Index:79.4, Glycemic Load:13.59, Inflammation Score:-10, Nutrition Score:23.856956305711%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 219.17kcal (10.96%), Fat: 3.1g (4.77%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 41.21g (13.74%), Net Carbohydrates: 31.46g (11.44%), Sugar: 12.28g (13.65%), Cholesterol: 0mg (0%), Sodium: 2019.97mg (87.82%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 8.73g (17.47%), Vitamin A: 6847.7IU (136.95%), Manganese: 1.44mg (72.2%), Vitamin C: 38.65mg (46.85%), Vitamin B6: 0.91mg (45.48%), Fiber: 9.76g (39.02%), Vitamin K: 35.66µg (33.96%), Folate: 106.92µg (26.73%), Iron: 4.12mg (22.92%), Copper: 0.4mg (20.15%), Potassium: 677.68mg (19.36%), Calcium: 169.2mg (16.92%), Magnesium: 66.99mg (16.75%), Phosphorus: 158.52mg (15.85%), Vitamin B1: 0.17mg (11.4%), Vitamin B3: 2.18mg (10.89%), Vitamin E: 1.61mg (10.72%), Vitamin B2: 0.15mg (9.09%), Zinc: 1.32mg (8.83%), Vitamin B5: 0.76mg (7.56%), Selenium: 4.45µg (6.36%), Vitamin B12: 0.32µg (5.31%), Vitamin D: 0.35µg (2.36%)