



Chickpea-Artichoke Stew with Rouille



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 ounces artichokes
- ☐ 2 cups baking potato diced peeled
- ☐ 0.5 teaspoon pepper black
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 8 ounce fennel bulb with stalks
- ☐ 2 teaspoons fennel seeds

- ☐ 3 garlic cloves minced
- ☐ 1 pound leeks
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon saffron threads
- ☐ 1 teaspoon salt
- ☐ 5 cups water
- ☐ 8 ounce water
- ☐ 8 servings rouille
- ☐ 8 servings rouille

Equipment

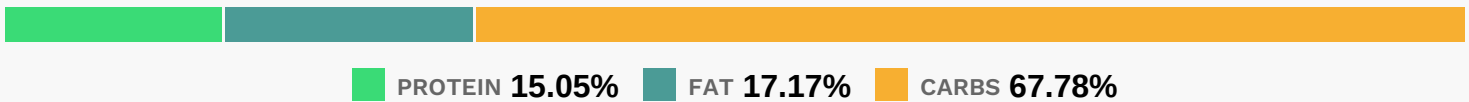
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Remove roots, outer leaves, and tops from leeks, leaving 1 1/2 to 2 inches of dark leaves. Slice leeks in half lengthwise; rinse with cold water.
- ☐ Drain.
- ☐ Remove dark leaves; chop dark leaves to measure 1 1/2 cups; set aside. Chop bulb ends to measure 2 cups; set aside.
- ☐ Remove stalks from fennel bulb. Chop the stalks to measure 1 1/2 cups; set aside. Chop bulb to measure 2 cups; set aside.
- ☐ Combine chopped dark leek leaves, chopped fennel stalks, 5 cups water, wine, and fennel seeds in a large Dutch oven; bring to a boil. Reduce heat; simmer 25 minutes. Strain leek mixture through a sieve over a bowl, reserving stock; discard solids.
- ☐ While the vegetable mixture simmers, combine 8 cups water and lemon juice. Working with 1 artichoke at a time, cut off stem to within 1 inch of base; peel stem.

- ☐ Remove bottom leaves and tough outer leaves, leaving tender heart and bottom.
- ☐ Cut artichoke in half lengthwise.
- ☐ Remove fuzzy thistle from bottom with a spoon.
- ☐ Cut artichoke lengthwise into quarters; place in lemon water. Repeat procedure with remaining artichokes.
- ☐ Drain artichokes; discard lemon water.
- ☐ Heat oil in pan over medium heat.
- ☐ Add chopped leek bulbs, salt, and pepper; saut 5 minutes.
- ☐ Add garlic; saut 2 minutes. Stir in chopped fennel bulb, artichoke quarters, reserved stock, potato, chickpeas, tomatoes, and saffron; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until vegetables are tender.
- ☐ Serve with Rouille.

Nutrition Facts



Properties

Glycemic Index:52.39, Glycemic Load:12.75, Inflammation Score:-9, Nutrition Score:21.580434695534%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 10.74mg, Naringenin: 10.74mg, Naringenin: 10.74mg, Naringenin: 10.74mg Apigenin: 6.36mg, Apigenin: 6.36mg, Apigenin: 6.36mg, Apigenin: 6.36mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 217.81kcal (10.89%), Fat: 4.32g (6.64%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 27.72g (10.08%), Sugar: 6.91g (7.68%), Cholesterol: 0mg (0%), Sodium: 629.42mg (27.37%), Alcohol: 1.54g (100%), Alcohol %: 0.38% (100%), Protein: 8.52g (17.04%), Manganese: 1.23mg (61.69%), Vitamin K: 62.3µg (59.33%), Fiber: 10.64g (42.55%), Vitamin B6: 0.74mg (36.81%), Vitamin C: 28.99mg (35.13%), Folate: 128.39µg (32.1%), Magnesium: 111.38mg (27.84%), Potassium: 949.42mg (27.13%), Copper: 0.54mg (26.99%), Iron:

4.34mg (24.1%), Vitamin A: 1115.01IU (22.3%), Phosphorus: 198.93mg (19.89%), Calcium: 141.98mg (14.2%), Vitamin B1: 0.19mg (12.74%), Vitamin E: 1.88mg (12.53%), Vitamin B3: 2.44mg (12.22%), Vitamin B5: 0.87mg (8.73%), Zinc: 1.24mg (8.26%), Vitamin B2: 0.14mg (7.98%), Selenium: 2.68µg (3.83%)