



WHATSheATE



## Chickpea, Bread, and Leek Soup with Harissa and Yogurt



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 ounces day-old bread cubed
- ☐ 19 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 6 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 4 teaspoons ground cumin
- ☐ 6 teaspoons harissa

- ☐ 2.5 pounds leeks
- ☐ 0.8 cup yogurt plain low-fat
- ☐ 2 tablespoons olive oil

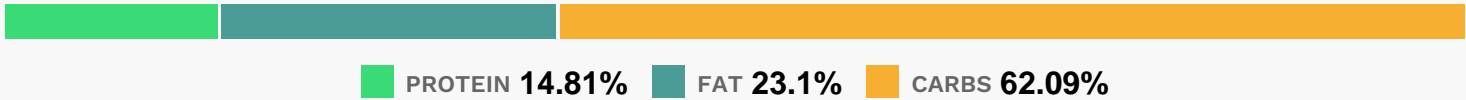
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

## Directions

- ☐ Remove roots, outer leaves, and tops from leeks, leaving white and light green parts of each leek.
- ☐ Cut each leek in half lengthwise.
- ☐ Cut each half crosswise into thin slices. Rinse with cold water; drain.
- ☐ Heat olive oil in a large Dutch oven over medium heat.
- ☐ Add leeks to pan; cook 10 minutes or until tender, stirring frequently.
- ☐ Add cumin and garlic; cook for 1 minute.
- ☐ Add chicken broth and chickpeas; bring to a boil. Reduce heat to medium-low, and simmer 15 minutes. Stir in parsley.
- ☐ Place about 2/3 cup bread in each of 6 bowls; ladle about 1 1/3 cups soup over each serving.
- ☐ Combine 3/4 cup plain low-fat yogurt and 6 teaspoons harissa in a small bowl. Top each serving with 2 tablespoons yogurt mixture.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:18.25, Inflammation Score:-10, Nutrition Score:31.448695804762%

## Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.07mg, Kaempferol: 5.07mg, Kaempferol: 5.07mg, Kaempferol: 5.07mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 354.65kcal (17.73%), Fat: 9.46g (14.56%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 57.21g (19.07%), Net Carbohydrates: 48.38g (17.59%), Sugar: 12.22g (13.58%), Cholesterol: 1.84mg (0.61%), Sodium: 1441.75mg (62.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Vitamin K: 115.32µg (109.83%), Manganese: 2.09mg (104.38%), Vitamin A: 3343.66IU (66.87%), Vitamin B6: 0.98mg (49.15%), Folate: 175.81µg (43.95%), Iron: 7.5mg (41.69%), Fiber: 8.83g (35.33%), Vitamin C: 26.37mg (31.96%), Calcium: 262.41mg (26.24%), Selenium: 18.26µg (26.09%), Magnesium: 102.9mg (25.73%), Phosphorus: 256.7mg (25.67%), Copper: 0.48mg (23.96%), Vitamin B1: 0.31mg (20.4%), Potassium: 707mg (20.2%), Vitamin B3: 3.93mg (19.66%), Vitamin E: 2.63mg (17.51%), Vitamin B2: 0.27mg (15.66%), Vitamin B5: 1.24mg (12.36%), Zinc: 1.57mg (10.46%), Vitamin B12: 0.63µg (10.43%)