



Chickpea Chicken-Noodle Soup

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 1 carrots thinly sliced
- ☐ 0.8 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 4 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pound chicken breasts boneless skinless thinly sliced
- ☐ 4 ounces pasta like spaghetti

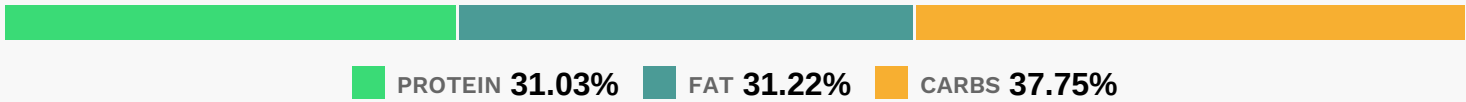
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large pot over medium-high heat.
 - ☐ Add the spaghetti and cook, stirring, until lightly toasted, about 2 minutes.
 - ☐ Add the carrot, garlic, cumin, cinnamon and half of the cilantro; cook, stirring, until the spices are toasted, about 1 minute.
 - ☐ Add the chicken broth, chickpeas, diced tomatoes, 1 cup water, and salt and pepper to taste. Cover and bring to a simmer, then reduce the heat to medium low and cook until the spaghetti is just tender, about 8 more minutes. Season the chicken with salt and pepper and add it to the soup. Simmer until cooked through, about 2 minutes.
 - ☐ Add the remaining cilantro and season with salt and pepper.
 - ☐ Per Serving: Calories 495; Total Fat 15 grams; Saturated Fat 2 grams; Protein 22 grams; Total Carbohydrate 45 grams; Fiber 7 grams; Cholesterol 91 milligrams; Sodium 281 milligrams
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:59.79, Glycemic Load:15.23, Inflammation Score:-9, Nutrition Score:32.46826075471%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg,

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Nutrients (% of daily need)

Calories: 503.96kcal (25.2%), Fat: 17.82g (27.42%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 40.22g (14.62%), Sugar: 6.52g (7.24%), Cholesterol: 72.57mg (24.19%), Sodium: 846.93mg (36.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.86g (79.72%), Vitamin B3: 17.2mg (85.99%), Selenium: 57.25µg (81.79%), Vitamin B6: 1.62mg (81.1%), Manganese: 1.44mg (71.99%), Vitamin A: 3035.49IU (60.71%), Phosphorus: 493.23mg (49.32%), Potassium: 1230.4mg (35.15%), Fiber: 8.27g (33.06%), Copper: 0.61mg (30.66%), Magnesium: 101.73mg (25.43%), Iron: 4.5mg (25%), Vitamin B5: 2.42mg (24.2%), Vitamin K: 23.62µg (22.49%), Vitamin E: 3.28mg (21.89%), Vitamin B2: 0.29mg (17.03%), Vitamin C: 13.47mg (16.33%), Zinc: 2.41mg (16.07%), Vitamin B1: 0.23mg (15.34%), Folate: 54.9µg (13.72%), Calcium: 110.31mg (11.03%), Vitamin B12: 0.46µg (7.71%)