



Chickpea Noodle Soup



Vegetarian



Vegan



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaf whole
- ☐ 1 carrots whole
- ☐ 2 celery stalks whole sliced
- ☐ 15 ounces chickpeas drained and rinsed
- ☐ 10 cremini mushrooms whole (brown)
- ☐ 1 tsp miso paste yellow
- ☐ 1 small onion diced
- ☐ 1 tsp tamari sauce

- ☐ 8 cups vegetable broth
- ☐ 4 ounces soup noodles whole wheat uncooked

Equipment

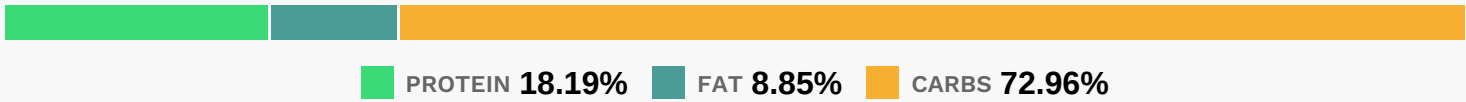
- ☐ pot

Directions

- ☐ Line a large soup pot with broth, about 1/4 cup.
- ☐ Add carrots, celery and onion and saute over high heat until onions are translucent, about 3 minutes.
- ☐ Add mushrooms and more broth if necessary. Continue to cook over high heat until the mushrooms are soft, about 3 minutes.
- ☐ Add remaining broth, bay leaves, miso and tamari. Cover and bring to a boil. Once boiling, add pasta and reduce heat to medium. Cook for another 6 minutes, or until pasta is al dente (adjust time accordingly). Stir in chickpeas and taste test.
- ☐ Add more miso or salt if necessary or desired. Allow soup to thoroughly heat the chickpeas. Fish out bay leaves and serve.

- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber11gSugars7gProtein17g

Nutrition Facts



Properties

Glycemic Index:31.57, Glycemic Load:4.59, Inflammation Score:-8, Nutrition Score:13.102173856419%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 162.53kcal (8.13%), Fat: 1.68g (2.58%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 31.12g (10.37%), Net Carbohydrates: 26.5g (9.64%), Sugar: 5.78g (6.43%), Cholesterol: 0mg (0%), Sodium: 1022.64mg (44.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Manganese: 1.05mg (52.57%), Vitamin A: 1795.6IU (35.91%), Folate: 109.55µg (27.39%), Selenium: 18.93µg (27.04%), Copper: 0.39mg (19.4%), Fiber: 4.62g (18.48%), Phosphorus: 163.51mg (16.35%), Magnesium: 50.62mg (12.66%), Iron: 2.24mg (12.45%), Vitamin B1: 0.17mg (11%), Vitamin B2: 0.19mg (10.98%), Vitamin B3: 2.08mg (10.41%), Zinc: 1.48mg (9.88%), Potassium: 340.23mg (9.72%), Vitamin B6: 0.16mg (7.91%), Vitamin B5: 0.71mg (7.06%), Calcium: 41.93mg (4.19%), Vitamin K: 3.68µg (3.51%), Vitamin C: 1.83mg (2.22%), Vitamin E: 0.24mg (1.62%)