



Chickpea Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch broccoli for another use, cut into small florets
- ☐ 1.5 cups chickpeas dried rinsed canned
- ☐ 0.5 cup wine dry white
- ☐ 1 leaf tarragon fresh (for garnish)
- ☐ 4 garlic clove chopped
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 2 large onion coarsely chopped

- ☐ 1 sprig thyme leaves
- ☐ 4 cups vegetable stock

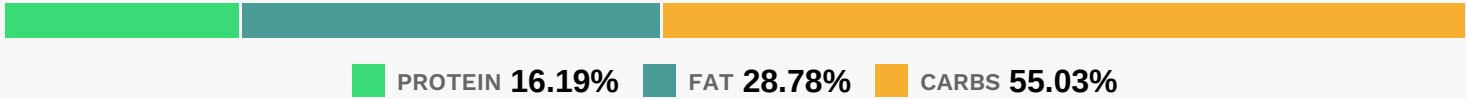
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ If using dried chickpeas, place in a medium bowl and add cold water to cover by 2".
- ☐ Let soak overnight in refrigerator.
- ☐ Drain chickpeas.
- ☐ Heat oil in a large heavy pot over medium heat.
- ☐ Add onions, garlic, and thyme sprig; cook, stirring occasionally, until onions are soft, 10–15 minutes.
- ☐ Add chickpeas and wine. Bring to a rapid simmer; cook until wine is reduced by half, about 2 minutes.
- ☐ Add broth and bring to a boil. Reduce heat, cover, and simmer until chickpeas are very soft, 1 1/2–2 hours for dried chickpeas, or about 30 minutes for canned. Discard thyme sprig.
- ☐ Working in batches, purée chickpea mixture in a blender or with an immersion blender, adding water by 1/2-cupfuls if needed, until smooth. Season with salt. DO AHEAD: Chickpea soup can be made 1 day ahead.
- ☐ Let cool; cover and chill.
- ☐ Meanwhile, cook broccoli in a large pot of boiling salted water until crisp–tender, about 4 minutes.
- ☐ Drain; rinse under cold water.
- ☐ Reheat soup. Divide soup among bowls and garnish with broccoli and herbs.

Nutrition Facts



Properties

Glycemic Index:47.42, Glycemic Load:8, Inflammation Score:-9, Nutrition Score:30.0286957492%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 8.28mg, Kaempferol: 8.28mg, Kaempferol: 8.28mg, Kaempferol: 8.28mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg, Quercetin: 13.5mg

Nutrients (% of daily need)

Calories: 326.21kcal (16.31%), Fat: 10.47g (16.11%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 32.77g (11.92%), Sugar: 10.74g (11.93%), Cholesterol: 0mg (0%), Sodium: 869.49mg (37.8%), Alcohol: 2.06g (100%), Alcohol %: 0.67% (100%), Protein: 13.25g (26.49%), Vitamin C: 97.06mg (117.65%), Vitamin K: 112.39µg (107.04%), Folate: 352.63µg (88.16%), Manganese: 1.45mg (72.64%), Fiber: 12.26g (49.05%), Vitamin B6: 0.54mg (27.21%), Phosphorus: 271.74mg (27.17%), Copper: 0.5mg (25.08%), Potassium: 859.09mg (24.55%), Iron: 4.18mg (23.2%), Vitamin B1: 0.34mg (22.6%), Magnesium: 87.13mg (21.78%), Vitamin A: 1014.6IU (20.29%), Zinc: 2.27mg (15.15%), Vitamin E: 2.22mg (14.8%), Vitamin B5: 1.46mg (14.58%), Vitamin B2: 0.25mg (14.49%), Calcium: 119.81mg (11.98%), Selenium: 7.2µg (10.28%), Vitamin B3: 1.53mg (7.65%)