



Chickpea Soup

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon parsley dried
- ☐ 5.5 cups fat-skimmed chicken broth
- ☐ 15 oz garbanzos rinsed drained canned
- ☐ 2 cloves garlic minced peeled
- ☐ 1.5 teaspoons olive oil
- ☐ 8 oz onion peeled chopped

- ☐ 0.5 tablespoon oregano dried
- ☐ 5 oz soup noodles dried such as shells or corkscrews
- ☐ 1 tablespoon red wine vinegar
- ☐ 8 servings salt and pepper

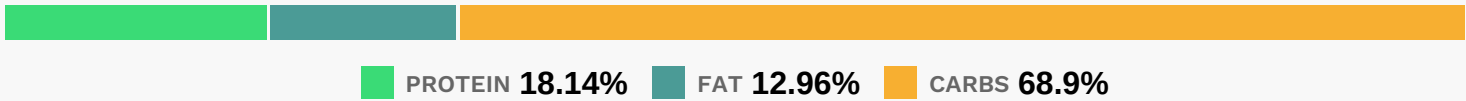
Equipment

- ☐ frying pan

Directions

- ☐ Pour oil into a 3- to 4-quart pan over medium-high heat. When hot, add onion and garlic and stir often until onion is limp, about 6 minutes.
- ☐ Add chicken broth, vinegar, tomatoes, garbanzos, parsley, basil, and oregano. Bring to a boil and add pasta; cook, stirring occasionally, until pasta is tender to bite, about 10 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16.22, Glycemic Load:8.69, Inflammation Score:-7, Nutrition Score:12.777391236761%

Flavonoids

Apigenin: 11.27mg, Apigenin: 11.27mg, Apigenin: 11.27mg, Apigenin: 11.27mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 190.05kcal (9.5%), Fat: 2.81g (4.32%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 27.55g (10.02%), Sugar: 5.73g (6.37%), Cholesterol: 0mg (0%), Sodium: 913.36mg (39.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.83g (17.67%), Manganese: 0.91mg (45.32%), Folate: 108.44µg (27.11%), Selenium: 16.96µg (24.23%), Fiber: 6.01g (24.03%), Iron: 3.19mg (17.72%), Vitamin K: 18.13µg (17.26%), Copper: 0.33mg (16.57%), Phosphorus: 162.16mg (16.22%), Magnesium: 50.62mg (12.65%), Vitamin B6: 0.23mg (11.67%), Potassium: 406.59mg (11.62%), Vitamin C: 8.13mg (9.86%), Vitamin B3: 1.92mg (9.6%), Zinc: 1.28mg (8.54%),

Vitamin B1: 0.13mg (8.51%), Calcium: 79.1mg (7.91%), Vitamin B2: 0.13mg (7.48%), Vitamin E: 0.8mg (5.35%), Vitamin B5: 0.53mg (5.25%), Vitamin B12: 0.31µg (5.2%), Vitamin A: 88.99IU (1.78%)