



HEALTH SCORE

75%

Chickpea Soup for Hummus Lovers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



140 min.

SERVINGS



8

CALORIES



199 kcal

SOUP

Ingredients



6 ribs celery peeled



1 large bunch cilantro leaves



1 large bunch flat parsley



1 pound chickpeas / garbanzo beans dried drained



12 large cloves garlic



8 servings ground pepper to taste



0.3 cup juice of lemon fresh



8 servings salt to taste

- ☐ 0.5 cup sesame paste
- ☐ 2 teaspoons turmeric
- ☐ 3 quarts water

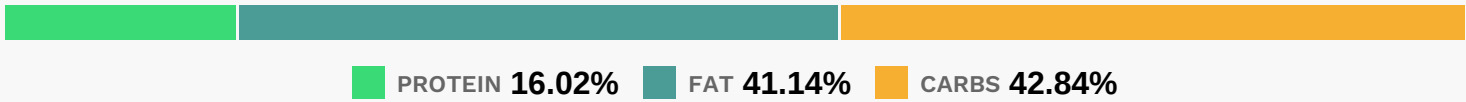
Equipment

- ☐ immersion blender

Directions

- ☐ Bring all but last 2 ingredients to a boil.Reduce the flame to medium and cook, covered, 2 hours.
- ☐ Add the lemon juice and the pepper.Cream until smooth with an immersion blender.Adjust texture and seasonings

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:3.54, Inflammation Score:-10, Nutrition Score:17.741739190143%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg, Apigenin: 16.21mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 199.18kcal (9.96%), Fat: 9.63g (14.81%), Saturated Fat: 1.31g (8.2%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 16.55g (6.02%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 250.25mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.87%), Vitamin K: 131.32µg (125.06%), Manganese: 0.76mg (37.96%), Folate: 136.34µg (34.09%), Copper: 0.54mg (27.02%), Fiber: 6.01g (24.02%), Phosphorus: 234.56mg (23.46%), Vitamin B1: 0.33mg (21.94%), Vitamin C: 16.53mg (20.03%), Iron: 3.12mg (17.35%), Vitamin A: 829.16IU (16.58%), Magnesium: 54.86mg (13.72%), Zinc: 1.8mg (11.97%), Selenium: 8.07µg (11.53%), Potassium: 396.42mg (11.33%), Vitamin B6: 0.2mg (10%), Calcium: 92.16mg (9.22%), Vitamin B3: 1.41mg (7.05%), Vitamin B2:

0.09mg (5.11%), Vitamin B5: 0.31mg (3.08%), Vitamin E: 0.39mg (2.6%)