



Chickpea soup with coriander & lime



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



394 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 75 g butter softened
- ☐ 2 tbsp cilantro leaves fresh chopped
- ☐ 1 juice of lime finely grated
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion finely chopped
- ☐ 1 bell pepper red deseeded finely chopped
- ☐ 2 garlic clove crushed
- ☐ 2 pepper flakes red deseeded thinly sliced

- ☐ 1 tsp ground coriander
- ☐ 820 g garbanzo beans drained and rinsed canned
- ☐ 1.2 l vegetable stock

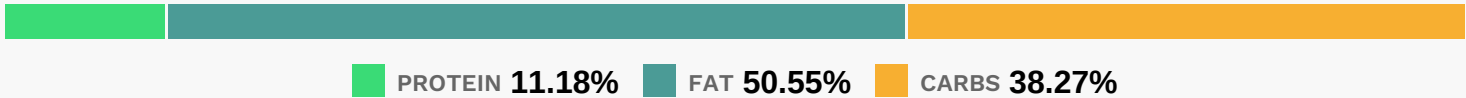
Equipment

- ☐ frying pan
- ☐ immersion blender

Directions

- ☐ Cream together the butter, fresh coriander, lime zest and seasoning. Spoon onto greaseproof paper and roll up into a sausage shape.
- ☐ Place in the freezer.
- ☐ Heat oil in a pan, then fry onion for 2–3 mins until softened.
- ☐ Add pepper, garlic and 1 chilli. Cook for 2–3 mins, stirring, then add ground coriander and cumin and cook for a further min.
- ☐ Stir in chickpeas and stock. Bring to the boil, then simmer, uncovered, for 15 mins. Whizz with a hand blender until smooth. Return to the pan to heat through. Stir in the lime juice, then season.
- ☐ Serve topped with a slice of the butter, remaining chilli and fresh coriander.
- ☐ Serve with warm pitta bread.

Nutrition Facts



Properties

Glycemic Index:75.33, Glycemic Load:11.06, Inflammation Score:-9, Nutrition Score:22.460869675097%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg,

Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 393.91kcal (19.7%), Fat: 23.01g (35.41%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 28.5g (10.36%), Sugar: 6.3g (7%), Cholesterol: 40.31mg (13.44%), Sodium: 1887.38mg (82.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.45g (22.9%), Vitamin C: 75.52mg (91.54%), Manganese: 1.82mg (91.18%), Vitamin B6: 1.23mg (61.27%), Vitamin A: 2297.63IU (45.95%), Fiber: 10.71g (42.82%), Phosphorus: 199.17mg (19.92%), Folate: 76.82µg (19.2%), Copper: 0.37mg (18.49%), Magnesium: 69.73mg (17.43%), Iron: 3.05mg (16.96%), Vitamin E: 2.53mg (16.84%), Potassium: 496.61mg (14.19%), Zinc: 1.66mg (11.04%), Calcium: 94.9mg (9.49%), Vitamin B5: 0.83mg (8.26%), Vitamin B1: 0.12mg (7.84%), Selenium: 4.91µg (7.01%), Vitamin K: 6.91µg (6.58%), Vitamin B2: 0.09mg (5.51%), Vitamin B3: 0.91mg (4.55%)