



## Chickpea Soup with Moghrabieh (Lebanese Couscous)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



180 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon allspice
- 2 bay leaves
- 2 carrots diced
- 2 ribs celery diced
- 3 cups chickpeas drained and rinsed cooked (or 2 cans, )
- 0.1 teaspoon chili powder
- 1 cinnamon sticks

- 4 cloves garlic minced pressed
- 1 teaspoon ground cumin
- 0.3 teaspoon ground ginger
- 2 tablespoons juice of lemon
- 1 large onion chopped
- 0.5 teaspoon paprika
- 0.5 cup parsley chopped
- 1 pinch saffron threads generous crushed
- 6 servings salt to taste
- 8 cups vegetable stock (or water plus bouillon)
- 0.3 cup frangelico (see above)
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## Equipment

## Directions

- Add the onion, celery, and carrot and cook over medium-high heat until the onion begins to brown (about 5 minutes).
- Add the garlic and cook for 1 minute.
- Add the spices, including bay leaves and cinnamon stick, and cook, stirring, for another minute.
- Add the chickpeas and stir to coat them with the spices.
- Pour in the 8 cups of vegetable stock, bring to a boil, and reduce heat to a simmer for 10 minutes.
- Add salt to taste.
- Add the moghrabieh and cover and cook until it is tender, about 25 minutes. Check frequently to see if it is becoming dry and add broth as needed. Just before serving, stir in the parsley and lemon juice.

## Nutrition Facts



■ PROTEIN 17.53% ■ FAT 11.5% ■ CARBS 70.97%

## Properties

Glycemic Index:58.1, Glycemic Load:7.47, Inflammation Score:-10, Nutrition Score:20.171304495438%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

## Nutrients (% of daily need)

Calories: 180.14kcal (9.01%), Fat: 2.4g (3.7%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 25.26g (9.18%), Sugar: 9.03g (10.04%), Cholesterol: 0mg (0%), Sodium: 1483.27mg (64.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin A: 4671.45IU (93.43%), Vitamin K: 92.38µg (87.98%), Manganese: 1.11mg (55.69%), Folate: 163.38µg (40.85%), Fiber: 8.12g (32.47%), Iron: 3.21mg (17.83%), Vitamin C: 13.84mg (16.78%), Copper: 0.33mg (16.7%), Phosphorus: 164.66mg (16.47%), Magnesium: 51.35mg (12.84%), Potassium: 431.14mg (12.32%), Vitamin B6: 0.22mg (11.08%), Zinc: 1.48mg (9.89%), Vitamin B1: 0.14mg (9.02%), Calcium: 79.31mg (7.93%), Vitamin B2: 0.09mg (5.28%), Selenium: 3.63µg (5.19%), Vitamin B3: 0.84mg (4.21%), Vitamin E: 0.6mg (3.99%), Vitamin B5: 0.4mg (3.99%)