



## Chickpea Soup with Swiss Chard

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bay leaf
- 1 carrots chopped
- 1 rib celery chopped
- 1 teaspoon rosemary dried fresh chopped
- 4 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 3 tablespoons olive oil
- 1 onion chopped

- 1 pinch red-pepper flakes dried
- 1 teaspoon salt
- 3 cups veggie broth low-sodium homemade canned
- 0.5 pound swiss chard cut into 1-inch pieces
- 1 cup tomatoes in purée thick canned chopped
- 0.5 cup tubetti

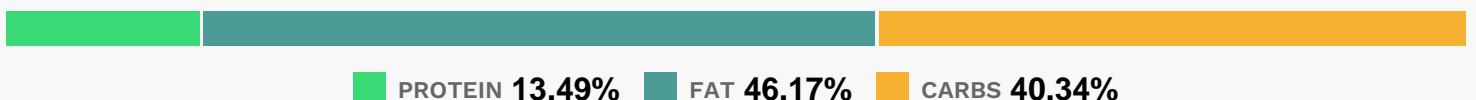
## Equipment

- food processor
- pot
- blender

## Directions

- Puree half of the chickpeas with 1 1/2 cups of the broth in a blender or food processor. In a large pot, heat the oil over moderately low heat.
- Add the carrot, onion, celery, garlic, and rosemary and cook, stirring occasionally, until the vegetables start to soften, about 5 minutes.
- Stir in the remaining 1 1/2 cups broth, the pureed chickpeas, whole chickpeas, bay leaf, red-pepper flakes, tomatoes, tubetti, and salt. Bring to a boil. Reduce the heat and simmer, partially covered, for 10 minutes.
- Add the Swiss chard to the pot. Simmer until the chard is tender and the pasta is done, 5 to 10 minutes longer.
- Remove the bay leaf. Stir in the black pepper. If the soup thickens too much on standing, stir in more broth or water.
- Wine Recommendation: Since a red wine would accent the Swiss chard's bitterness, try a full-bodied tocai friulano. Its nutty flavor will mirror that of the chickpeas.

## Nutrition Facts



## Properties

Glycemic Index:59.46, Glycemic Load:3.02, Inflammation Score:-10, Nutrition Score:20.819130389587%

## Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

## Nutrients (% of daily need)

Calories: 223.58kcal (11.18%), Fat: 12.15g (18.69%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 20.25g (7.36%), Sugar: 5.92g (6.58%), Cholesterol: 0mg (0%), Sodium: 856.68mg (37.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.97%), Vitamin K: 485.48µg (462.36%), Vitamin A: 6201.55IU (124.03%), Vitamin C: 26.77mg (32.45%), Manganese: 0.58mg (28.82%), Vitamin E: 3.5mg (23.34%), Potassium: 703.3mg (20.09%), Vitamin B3: 3.85mg (19.27%), Copper: 0.37mg (18.65%), Magnesium: 73.5mg (18.38%), Fiber: 3.64g (14.58%), Iron: 2.62mg (14.54%), Phosphorus: 143.97mg (14.4%), Vitamin B6: 0.28mg (14.16%), Selenium: 9.8µg (14%), Vitamin B2: 0.17mg (9.96%), Calcium: 81.5mg (8.15%), Folate: 30.08µg (7.52%), Vitamin B1: 0.11mg (7.39%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.44mg (4.42%), Vitamin B12: 0.18µg (2.95%)