



Chickpea Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 cups bread country-style
- ☐ 30 ounce garbanzo beans rinsed drained canned
- ☐ 3 tablespoons flat parsley coarsely chopped
- ☐ 3 large garlic clove minced
- ☐ 2 tablespoons ground cumin
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh ()

- ☐ 4 tablespoons olive oil divided
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 0.5 cup roasted peppers red drained chopped
- ☐ 2 chicken thighs boneless skinless
- ☐ 2 tablespoons tomato paste

Equipment

- ☐ ladle
- ☐ pot

Directions

- ☐ Heat 2 tablespoons oil in a medium pot over medium-high heat. Season chicken with salt; add to pot and cook, turning once, until browned, 8–10 minutes.
- ☐ Transfer to a plate. Reduce heat to low and let oil cool for 1 minute; add garlic and cook, stirring often, until fragrant, 30–60 seconds.
- ☐ Add cumin, tomato paste, and red pepper flakes; stir until a smooth paste forms, about 1 minute.
- ☐ Add reserved chicken with any accumulated juices, along with bay leaves and 4 cups water. Scrape up any browned bits. Bring to a boil; reduce heat to medium-low and simmer, uncovered, occasionally stirring, until chicken is tender, about 20 minutes.
- ☐ Transfer chicken to a plate.
- ☐ Add chickpeas to pot; bring to a simmer and cook for 5 minutes. Shred chicken; add to stew.
- ☐ Add red peppers. Stir in remaining 2 tablespoons oil and 2 tablespoons lemon juice; simmer for 1 minute. Season with salt and more lemon juice, if desired. Divide bread cubes among bowls. Ladle soup over.
- ☐ Garnish with parsley.
- ☐ Per serving: 483 calories, 22 g fat, 47 g carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:38.81, Inflammation Score:-8, Nutrition Score:37.728695724321%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 730.48kcal (36.52%), Fat: 26.7g (41.07%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 90.07g (30.02%), Net Carbohydrates: 74.82g (27.21%), Sugar: 8.08g (8.98%), Cholesterol: 53.67mg (17.89%), Sodium: 1711.09mg (74.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.33g (70.67%), Manganese: 3.36mg (168.24%), Vitamin B6: 1.49mg (74.63%), Selenium: 52.13µg (74.47%), Vitamin K: 66.57µg (63.4%), Fiber: 15.25g (61.01%), Iron: 10.09mg (56.07%), Vitamin B3: 10.63mg (53.15%), Phosphorus: 460.43mg (46.04%), Vitamin B1: 0.64mg (42.86%), Folate: 166.35µg (41.59%), Magnesium: 138.3mg (34.58%), Copper: 0.63mg (31.32%), Calcium: 275.93mg (27.59%), Vitamin B2: 0.47mg (27.5%), Zinc: 3.86mg (25.75%), Vitamin B5: 2.34mg (23.4%), Potassium: 812.83mg (23.22%), Vitamin C: 18.19mg (22.05%), Vitamin E: 2.96mg (19.77%), Vitamin A: 666.57IU (13.33%), Vitamin B12: 0.36µg (6.03%)