



HEALTH SCORE 100%

Chickpea Stew with Spinach and Potatoes

 Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces bacon diced lean finely
- 1 bay leaf
- 8 servings pepper black freshly ground
- 2 cups chicken stock see
- 2.3 cups chickpeas --rinsed dried drained
- 1 pinch pepper red crushed
- 4 garlic cloves minced
- 8 servings kosher salt

- 2 tablespoons olive oil extra-virgin
- 1 medium onion coarsely chopped
- 1 pinch saffron threads crumbled
- 1 pound pkt spinach stemmed coarsely chopped
- 2 large thyme sprigs
- 0.8 pound yukon gold potatoes peeled cut into 1/2-inch dice

Equipment

- bowl
- sauce pan
- ladle

Directions

- In a large saucepan, combine the chickpeas with the 3 whole garlic cloves, the thyme and bay leaf. Cover with 4 inches of water and bring to a boil. Simmer over moderate heat until just tender, 1 3/4 to 2 hours; add more water as needed to keep the chickpeas submerged. Season with salt and simmer 10 minutes longer.
- Drain the chickpeas, reserving 1 cup of the cooking liquid. Discard the garlic, thyme and bay leaf.
- Heat the oil in a large heavy casserole.
- Add the onion, bacon and minced garlic; cook over moderate heat, stirring occasionally, until the onion is softened, 5 minutes.
- Add the potatoes and cook, stirring occasionally, until crisp-tender, about 8 minutes.
- Add the reserved chickpeas, stock, reserved cooking liquid, crushed red pepper, saffron and black pepper and bring to a boil. Simmer over moderate heat until the potatoes are tender, 10 to 15 minutes.
- Add the spinach and cook for 5 minutes. Season with salt and pepper. Ladle the soup into bowls and serve.
- Notes: One Serving: 570 calories, 6 gm total fat, 2 gm saturated fat, 80 gm carb.

Nutrition Facts



■ PROTEIN 20.06% ■ FAT 22.3% ■ CARBS 57.64%

Properties

Glycemic Index:42.53, Glycemic Load:11.13, Inflammation Score:-10, Nutrition Score:34.016521661178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.06mg, Kaempferol: 4.06mg, Kaempferol: 4.06mg, Kaempferol: 4.06mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 319.77kcal (15.99%), Fat: 8.19g (12.6%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 47.65g (15.88%), Net Carbohydrates: 35.34g (12.85%), Sugar: 8.14g (9.04%), Cholesterol: 1.8mg (0.6%), Sodium: 483.32mg (21.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.17%), Vitamin K: 282.21µg (268.77%), Folate: 435.93µg (108.98%), Vitamin A: 5374.35IU (107.49%), Manganese: 1.88mg (93.84%), Fiber: 12.3g (49.22%), Vitamin C: 28.58mg (34.64%), Copper: 0.64mg (32.07%), Iron: 5.64mg (31.34%), Magnesium: 124.04mg (31.01%), Potassium: 1080.03mg (30.86%), Vitamin B6: 0.61mg (30.52%), Phosphorus: 280.87mg (28.09%), Vitamin B1: 0.38mg (25.14%), Vitamin B2: 0.3mg (17.53%), Zinc: 2.49mg (16.57%), Vitamin E: 2.15mg (14.32%), Vitamin B3: 2.71mg (13.54%), Calcium: 129.74mg (12.97%), Vitamin B5: 1.08mg (10.84%), Selenium: 6.92µg (9.88%)