



HEALTH SCORE

52%

Chickpeas and Spinach with Smoky Paprika



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 5 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 4 cups onion thinly sliced
- ☐ 1 teaspoon paprika smoked spanish

- ☐ 2 teaspoons sherry vinegar
- ☐ 9 ounce pkt spinach fresh
- ☐ 0.3 cup vegetable broth organic

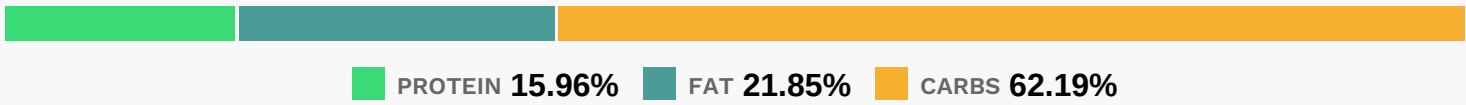
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium heat.
- ☐ Add onion and garlic to pan; cover and cook for 8 minutes or until tender, stirring occasionally. Stir in smoked paprika, and cook for 1 minute.
- ☐ Add white wine, vegetable broth, and tomatoes; bring to a boil.
- ☐ Add chickpeas; reduce heat, and simmer until sauce thickens slightly (about 15 minutes), stirring occasionally.
- ☐ Add spinach; cover and cook for 2 minutes or until spinach wilts. Stir in parsley and vinegar.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:3.23, Inflammation Score:-9, Nutrition Score:14.532608731933%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 14.04mg, Quercetin: 14.04mg, Quercetin: 14.04mg, Quercetin: 14.04mg

Nutrients (% of daily need)

Calories: 104.13kcal (5.21%), Fat: 2.43g (3.74%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 11.62g (4.22%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 229.29mg (9.97%), Alcohol: 1.24g (100%), Alcohol %: 0.8% (100%), Protein: 4g (8%), Vitamin K: 137.69µg (131.13%), Vitamin A: 2743.14IU (54.86%), Manganese: 0.7mg (35.17%), Folate: 73.77µg (18.44%), Vitamin B6: 0.36mg (17.86%), Vitamin C: 14.23mg (17.24%), Fiber: 3.96g (15.86%), Magnesium: 40.41mg (10.1%), Iron: 1.73mg (9.63%), Potassium: 320.98mg (9.17%), Calcium: 72.63mg (7.26%), Phosphorus: 70.71mg (7.07%), Copper: 0.13mg (6.54%), Vitamin E: 0.8mg (5.32%), Vitamin B2: 0.08mg (4.62%), Vitamin B1: 0.07mg (4.53%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.25mg (2.45%), Selenium: 1.66µg (2.38%), Vitamin B3: 0.37mg (1.84%)