



Chickpeas with Tomatoes and Carrots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



20

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 20 servings pepper black freshly ground
- ☐ 3 carrots halved lengthwise sliced
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup chickpeas dried drained
- ☐ 1 cup cooking wine dry white
- ☐ 2 large garlic cloves thinly sliced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 lemon zest finely grated
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 3 tablespoons parsley chopped
- ☐ 1 onion red thinly sliced
- ☐ 20 servings salt
- ☐ 0.5 cup tomato sauce plain

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a large saucepan, cover the chickpeas with 2 quarts of water.
- ☐ Add the whole garlic clove and bay leaf and bring to a boil. Simmer over low heat, stirring occasionally, until the chickpeas are tender, about 2 hours.
- ☐ Add 1/2 teaspoon of salt and simmer for 10 minutes longer.
- ☐ Drain the chickpeas and discard the bay leaf and garlic clove.
- ☐ In a large, deep skillet, heat the olive oil.
- ☐ Add the carrots, onion and sliced garlic, cover and cook over moderately low heat, stirring occasionally, until the carrots are tender, about 10 minutes.
- ☐ Add the crushed red pepper and wine and boil over moderately high heat until the wine has reduced by half, about 4 minutes.
- ☐ Add the strained tomatoes and simmer over moderate heat for 5 minutes.
- ☐ Add 2 cups of cold water and the drained chickpeas and simmer over moderate heat until slightly thickened, about 15 minutes.
- ☐ Add the parsley, lemon zest and lemon juice and season with salt and black pepper.
- ☐ Serve at room temperature.

Nutrition Facts



 **PROTEIN 15.18%**  **FAT 26.92%**  **CARBS 57.9%**

Properties

Glycemic Index:12.42, Glycemic Load:1.49, Inflammation Score:-8, Nutrition Score:5.8386955831362%

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 Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.3mg, Apigenin: 1.3mg, Apigenin: 1.3mg, Apigenin: 1.3mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 64.75kcal (3.24%), Fat: 1.75g (2.69%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 6.19g (2.25%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 233.64mg (10.16%), Alcohol: 1.24g (100%), Alcohol %: 3.04% (100%), Protein: 2.22g (4.44%), Vitamin A: 1628.42IU (32.57%), Folate: 60.45µg (15.11%), Manganese: 0.28mg (14.09%), Vitamin K: 13.06µg (12.44%), Fiber: 2.29g (9.15%), Copper: 0.1mg (5.14%), Phosphorus: 46.49mg (4.65%), Iron: 0.83mg (4.6%), Potassium: 160.45mg (4.58%), Vitamin B6: 0.09mg (4.58%), Vitamin C: 3.64mg (4.41%), Vitamin B1: 0.06mg (4.02%), Magnesium: 16.03mg (4.01%), Zinc: 0.42mg (2.78%), Vitamin E: 0.42mg (2.77%), Vitamin B5: 0.22mg (2.24%), Vitamin B2: 0.04mg (2.11%), Calcium: 19.37mg (1.94%), Vitamin B3: 0.34mg (1.72%), Selenium: 0.97µg (1.38%)