



Creamy Chickpea Soup with Roasted Peppers

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chickpeas drained and rinsed canned
- ☐ 4 cups chicken stock see low-sodium canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 5 ounces pkt spinach frozen chopped
- ☐ 1 large garlic clove minced
- ☐ 0.5 cup water prepared
- ☐ 0.5 pound kielbasa halved lengthwise
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 1 medium onion coarsely chopped
- ☐ 8 ounces peppers from a jar red yellow drained
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup tubetti

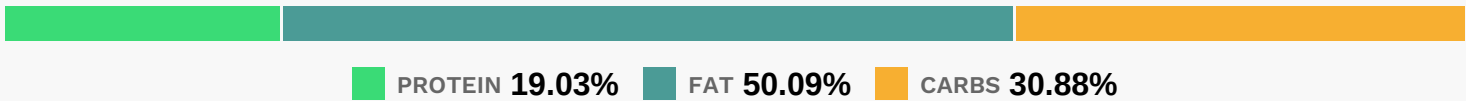
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large saucepan, heat the olive oil until shimmering.
- ☐ Add the kielbasa, onion, garlic, roasted peppers and crushed red pepper and cook over high heat, stirring frequently, until lightly browned, about 5 minutes.
- ☐ Add the stock, chickpeas and frozen spinach and simmer over moderate heat until the spinach is thawed, about 5 minutes.
- ☐ Meanwhile, cook the pasta in a small pot of salted water until barely al dente, about 6 minutes; drain.
- ☐ Add the pasta to the soup and stir in the hummus. Simmer until the pasta is al dente. Season the chickpea soup with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:47.71, Glycemic Load:3.18, Inflammation Score:-10, Nutrition Score:30.319565213245%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg, Quercetin: 6.85mg

Nutrients (% of daily need)

Calories: 448.5kcal (22.42%), Fat: 25.62g (39.41%), Saturated Fat: 7.41g (46.31%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 28.66g (10.42%), Sugar: 3.62g (4.02%), Cholesterol: 39.69mg (13.23%), Sodium: 832.53mg (36.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.8%), Vitamin K: 138.7µg (132.09%), Vitamin A: 4455.78IU (89.12%), Vitamin C: 50.41mg (61.11%), Manganese: 1.17mg (58.27%), Selenium: 26.54µg (37.92%), Vitamin B6: 0.65mg (32.53%), Vitamin B3: 6.27mg (31.36%), Phosphorus: 310.83mg (31.08%), Vitamin B1: 0.45mg (30.09%), Copper: 0.56mg (27.92%), Fiber: 6.87g (27.47%), Folate: 102.84µg (25.71%), Magnesium: 89.38mg (22.34%), Potassium: 781.68mg (22.33%), Iron: 3.83mg (21.27%), Zinc: 2.79mg (18.62%), Vitamin B2: 0.3mg (17.55%), Vitamin B12: 0.79µg (13.19%), Vitamin E: 1.87mg (12.44%), Calcium: 106.79mg (10.68%), Vitamin B5: 0.63mg (6.35%)