



WHATSheATE



Crema de Garbanzos (Chickpeas Pureed Soup)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups beef broth
- ☐ 3 tablespoons butter
- ☐ 0.5 pound chick peas dried
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 cups heavy cream

- ☐ 0.5 small onion diced
- ☐ 6 servings salt and pepper to taste
- ☐ 3 scallions finely chopped

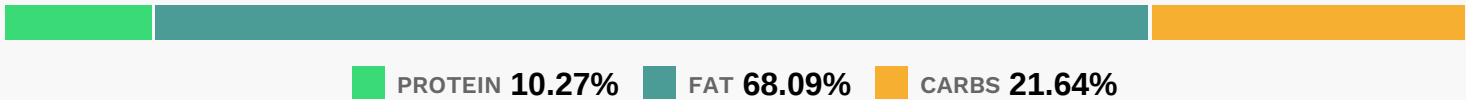
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Place a medium soup pot over medium heat.
- ☐ Add the butter, onions, scallions, garlic, ground cumin, salt and pepper. Cook until the onions are soft and translucent, about 5 minutes.
- ☐ Drain and rinse the chickpeas and add them to the pot with the beef broth. Bring the pot to a boil over high heat, and then reduce heat to low, cover, and cook at a simmer until the chickpeas are tender about 2 hours.In a blender or food processor, puree the soup in batches, leaving some texture, and return the soup to the pot.
- ☐ Add the heavy cream and chopped cilantro. If the soup is too thick, thin it with water. Ladle the soup into bowls and garnish each bowl with chickpeas and cilantro.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:3.62, Inflammation Score:-8, Nutrition Score:17.219130370928%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 480.87kcal (24.04%), Fat: 37.23g (57.27%), Saturated Fat: 22.36g (139.72%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 19.71g (7.17%), Sugar: 6.78g (7.53%), Cholesterol: 104.7mg (34.9%), Sodium: 1164.54mg (50.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.27%), Folate: 224.55µg (56.14%), Manganese: 0.9mg (45.03%), Vitamin A: 1520.64IU (30.41%), Fiber: 6.92g (27.66%), Phosphorus: 224.22mg (22.42%), Vitamin K: 23.03µg (21.94%), Iron: 3.2mg (17.8%), Vitamin B2: 0.29mg (17.19%), Copper: 0.34mg (17.18%), Potassium: 577.42mg (16.5%), Magnesium: 57.44mg (14.36%), Vitamin B1: 0.21mg (14.09%), Vitamin B6: 0.27mg (13.72%), Vitamin B3: 2.58mg (12.9%), Calcium: 118.81mg (11.88%), Selenium: 7.4µg (10.57%), Zinc: 1.56mg (10.37%), Vitamin B5: 0.88mg (8.81%), Vitamin E: 1.28mg (8.54%), Vitamin D: 1.27µg (8.46%), Vitamin B12: 0.31µg (5.11%), Vitamin C: 4.09mg (4.96%)