



Djemma El Fna Harira Soup

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup angel hair pasta
- 15 ounce garbanzo beans canned
- 15 ounce canned tomatoes crushed canned
- 5 stalks celery sliced
- 1 pinch cinnamon
- 1 teaspoon cumin
- 0.5 cup cilantro leaves fresh minced
- 0.5 cup parsley fresh minced

- 3 garlic clove minced
- 1 pinch ground ginger
- 4 servings juice of lemon fresh
- 1 cup lentils
- 2 tablespoons olive oil
- 1 onion chopped
- 1 teaspoon ras el hanout spice mix
- 1 pinch saffron threads
- 1 tablespoon salt to taste
- 1 teaspoon paprika sweet
- 2 teaspoons turmeric
- 8 cups water

Equipment

- bowl

Directions

- Saute onions, celery, and garlic in olive oil on medium heat until soft.
- Add all spices (except salt) and saute another few minutes.
- Add lentils and saute another few minutes.
- Add liquid and tomatoes. When lentils are tender, add salt, can of chickpeas, and minced herbs (you can reserve some of the herbs to top the bowls when serving if you like). Adjust seasonings to taste.
- Add pasta and cook until done.
- Add lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:100.73, Glycemic Load:14.45, Inflammation Score:-10, Nutrition Score:37.926086633102%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 17.59mg, Apigenin: 17.59mg, Apigenin: 17.59mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

Nutrients (% of daily need)

Calories: 441.56kcal (22.08%), Fat: 10.6g (16.3%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 68.21g (22.74%), Net Carbohydrates: 44.13g (16.05%), Sugar: 8.42g (9.36%), Cholesterol: 0mg (0%), Sodium: 2255.89mg (98.08%), Alcohol: 0g (100%), Protein: 22.39g (44.77%), Vitamin K: 159.95µg (152.33%), Manganese: 2.13mg (106.27%), Fiber: 24.09g (96.34%), Folate: 313.39µg (78.35%), Vitamin B6: 1.09mg (54.52%), Iron: 8.28mg (46.03%), Vitamin C: 32.93mg (39.92%), Phosphorus: 396.73mg (39.67%), Copper: 0.79mg (39.5%), Vitamin B1: 0.59mg (39.36%), Potassium: 1250.86mg (35.74%), Magnesium: 140.08mg (35.02%), Vitamin A: 1517.5IU (30.35%), Zinc: 3.88mg (25.89%), Selenium: 15.51µg (22.15%), Vitamin E: 3.14mg (20.95%), Vitamin B5: 1.94mg (19.43%), Calcium: 177.38mg (17.74%), Vitamin B3: 3.4mg (16.98%), Vitamin B2: 0.24mg (14.36%)