



## Eat for Eight Bucks: Chickpea Soup with Toasted Breadcrumbs

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

SOUP

### Ingredients

- ☐ 0.8 cup breadcrumbs homemade
- ☐ 3 cups chickpeas with 2 cups of their cooking liquid cooked
- ☐ 1 head endive cleaned chopped
- ☐ 1 tablespoon garlic minced
- ☐ 4 servings olive oil
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon pimenton de la vera

☐ 4 servings salt and pepper

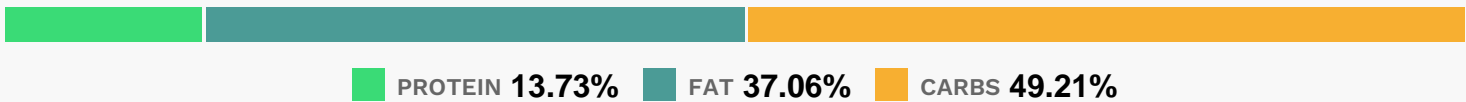
## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot

## Directions

- ☐ Preheat the oven to 400°F.
- ☐ Spread the bread crumbs on a baking sheet, toss with a glug of olive oil (1-2 tablespoons), and spread evenly again. Toast for 5 to 10 minutes, stirring every few minutes, until the crumbs are golden and fragrant. Keep a very close eye on them as you stir, for they can begin to burn quite quickly.
- ☐ While the breadcrumbs are toasting, heat 2 tablespoons of olive oil in a medium saucepan over medium heat.
- ☐ Add the chopped onion and cook, stirring occasionally, until it is softened and beginning to get some color, 10-15 minutes depending on your pot and your heat. Stir in the pimenton or cumin, if using, along with some salt and pepper and the garlic and cook for about a minute more. If you have a bottle of wine open, add a glug now and cook until it has almost entirely evaporated.
- ☐ Put the chickpeas and their broth into the saucepan and bring to a simmer. Simmer gently for a few minutes to heat through; then stir in the escarole, return to a simmer, and cook 5 minutes more, until the escarole is tender enough to eat.
- ☐ Serve the hot soup topped with a generous sprinkling of toasted bread crumbs.

## Nutrition Facts



## Properties

Glycemic Index:31.94, Glycemic Load:7.16, Inflammation Score:-10, Nutrition Score:31.400869685671%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 11.55mg, Kaempferol: 11.55mg, Kaempferol: 11.55mg, Kaempferol: 11.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 439.98kcal (22%), Fat: 18.59g (28.6%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 55.55g (18.52%), Net Carbohydrates: 41.12g (14.95%), Sugar: 8.66g (9.63%), Cholesterol: 0mg (0%), Sodium: 385.3mg (16.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.5g (31.01%), Vitamin K: 275.23µg (262.13%), Manganese: 2mg (100.17%), Folate: 398.4µg (99.6%), Fiber: 14.43g (57.72%), Vitamin A: 2620.06IU (52.4%), Iron: 5.72mg (31.8%), Copper: 0.62mg (30.89%), Vitamin B1: 0.45mg (29.76%), Phosphorus: 284.09mg (28.41%), Potassium: 808.97mg (23.11%), Magnesium: 88.62mg (22.16%), Zinc: 3.16mg (21.04%), Vitamin E: 3.16mg (21.04%), Calcium: 167.68mg (16.77%), Vitamin B5: 1.53mg (15.26%), Vitamin B2: 0.26mg (15.16%), Selenium: 10.4µg (14.86%), Vitamin B6: 0.29mg (14.31%), Vitamin C: 11.57mg (14.03%), Vitamin B3: 2.54mg (12.72%), Vitamin B12: 0.07µg (1.18%)