



HEALTH SCORE

100%

Tomato Chickpea Simmer



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

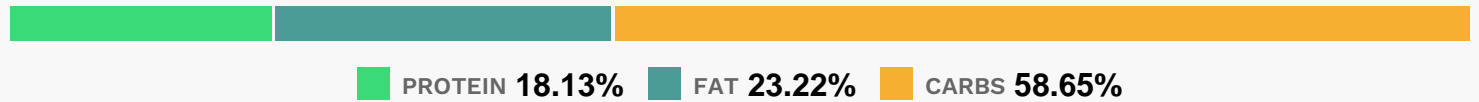
Ingredients

- 19 ounce garbanzo beans drained and rinsed canned (540 ml)
- 28 ounce canned tomatoes diced undrained canned (796 ml)
- 1 tablespoon olive oil extra virgin
- 3 garlic clove minced
- 1 onion diced finely
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 0.3 teaspoon pepper flakes hot

- 0.3 teaspoon salt
- 8 ounce pkt spinach
- 2 tablespoons tomato paste

Equipment

Nutrition Facts



Properties

Glycemic Index:69.33, Glycemic Load:10.6, Inflammation Score:-10, Nutrition Score:34.338260869565%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 249.76kcal (12.49%), Fat: 7.07g (10.87%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 40.16g (13.39%), Net Carbohydrates: 27.98g (10.18%), Sugar: 11.22g (12.47%), Cholesterol: 0mg (0%), Sodium: 891.69mg (38.77%), Protein: 12.41g (24.83%), Vitamin K: 291.1µg (277.23%), Vitamin A: 6144.03IU (122.88%), Manganese: 2.1mg (105.22%), Vitamin B6: 1.14mg (57.04%), Fiber: 12.18g (48.71%), Vitamin C: 39.28mg (47.61%), Folate: 177.21µg (44.3%), Iron: 6.42mg (35.67%), Potassium: 1240.8mg (35.45%), Copper: 0.7mg (34.84%), Magnesium: 129.83mg (32.46%), Vitamin E: 4.73mg (31.51%), Phosphorus: 219.52mg (21.95%), Calcium: 193.31mg (19.33%), Vitamin B1: 0.26mg (17.39%), Vitamin B3: 3.38mg (16.91%), Vitamin B2: 0.26mg (15.4%), Zinc: 1.93mg (12.83%), Vitamin B5: 1.07mg (10.68%), Selenium: 5.39µg (7.7%)