



HEALTH SCORE

70%

Garbanzo and Watercress Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots
- ☐ 60 oz garbanzos reduced-sodium canned
- ☐ 4 cloves garlic
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 0.8 lb onion
- ☐ 8 servings salt and pepper
- ☐ 2 quarts vegetable broth
- ☐ 0.3 pound watercress

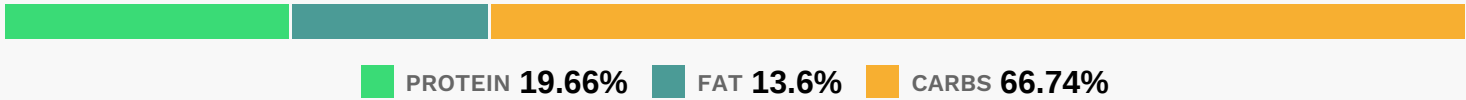
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Peel and chop onion, carrots, and garlic. In a 4- to 5-quart nonstick pan over high heat, stir vegetables in olive oil until onion is limp, 4 to 5 minutes.
- ☐ Drain and rinse garbanzos.
- ☐ Add garbanzos and broth to pan. Cover and bring to a boil; reduce heat to low and simmer until carrots are tender when pierced, 5 to 7 minutes.
- ☐ Meanwhile, remove and discard any yellow or wilted leaves from watercress; rinse and drain watercress. Pluck off about 2 cups tender sprigs (about 3 in. long). Chop enough remaining watercress, including stems, to make about 1/2 cup; reserve remainder for another use or discard.
- ☐ Working in batches, whirl all but 4 1/2 cups garbanzo mixture in a blender until smooth, holding lid down with a towel. Return pure to pan with remaining garbanzo mixture.
- ☐ Stir often over high heat until boiling; add watercress sprigs and chopped watercress and stir until wilted, about 30 seconds.
- ☐ Add salt and pepper to taste. Ladle soup into bowls.

Nutrition Facts



Properties

Glycemic Index:25.82, Glycemic Load:13.75, Inflammation Score:-10, Nutrition Score:29.526956537495%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg,

Isorhamnetin: 2.13mg Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg, Kaempferol: 3.58mg
Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.94mg, Quercetin:
12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg

Nutrients (% of daily need)

Calories: 392.01kcal (19.6%), Fat: 6.11g (9.4%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 67.44g (22.48%), Net
Carbohydrates: 50.03g (18.19%), Sugar: 14.79g (16.43%), Cholesterol: 0mg (0%), Sodium: 1173.33mg (51.01%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.74%), Manganese: 2.33mg (116.34%), Folate: 378.01µg
(94.5%), Vitamin A: 3562.31IU (71.25%), Fiber: 17.41g (69.65%), Vitamin K: 46.45µg (44.24%), Copper: 0.79mg
(39.37%), Phosphorus: 385.67mg (38.57%), Iron: 6.34mg (35.21%), Magnesium: 111.5mg (27.87%), Zinc: 3.4mg
(22.64%), Potassium: 782.45mg (22.36%), Vitamin B6: 0.4mg (20.23%), Vitamin B1: 0.29mg (19.47%), Vitamin C:
13.37mg (16.21%), Calcium: 138.85mg (13.88%), Selenium: 8.44µg (12.05%), Vitamin B2: 0.17mg (10.17%), Vitamin B5:
0.75mg (7.55%), Vitamin E: 1.07mg (7.12%), Vitamin B3: 1.36mg (6.78%)