

the 5 factor world diet

WEIGHT-LOSS SECRETS
FROM THE HEALTHIEST
NATIONS ON THE PLANET
—UNLOCKED!



HEALTH SCORE

81%

Garbanzo Bean Stew with Escarole



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



209 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup endive thinly sliced ()
- ☐ 2 teaspoons thyme dried fresh chopped
- ☐ 7 ounces chickpeas drained () (chickpeas)
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 0.5 teaspoon olive oil
- ☐ 0.5 small onion chopped
- ☐ 0.3 teaspoon saffron threads crumbled

☐ 2 servings salt and pepper black

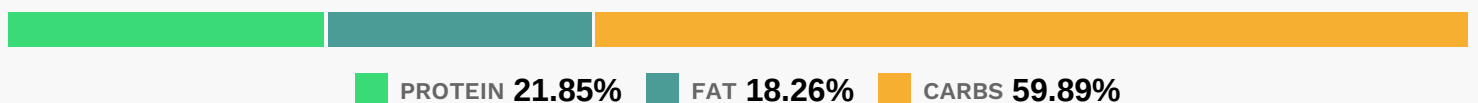
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Warm the oil in a pot over medium heat.
- ☐ Add the onion, garlic, and salt and pepper to taste; cook 5 minutes, stirring constantly.
- ☐ Add the beans, broth, 1/4 cup water, thyme, and saffron, and bring all to a boil. Reduce the heat and cook for 20 minutes.
- ☐ Remove half of the stew; purée it in a blender or food processor. Return the purée to the pot. (Alternatively, you may use an immersion blender briefly to purée the stew directly in the pot.)
- ☐ Add the escarole. Simmer for 5 minutes until the escarole is tender, adding more water if the mixture is too thick.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The 5-Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved. Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!, and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

Nutrition Facts



Properties

Glycemic Index:98.88, Glycemic Load:5.74, Inflammation Score:-9, Nutrition Score:18.661304650099%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 208.96kcal (10.45%), Fat: 4.44g (6.82%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 23.69g (8.61%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 243.43mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.88%), Vitamin K: 79.59µg (75.8%), Manganese: 1.28mg (64.12%), Folate: 212.33µg (53.08%), Fiber: 9.05g (36.19%), Iron: 4.66mg (25.86%), Copper: 0.46mg (22.94%), Phosphorus: 220.8mg (22.08%), Potassium: 514.71mg (14.71%), Magnesium: 57.3mg (14.32%), Zinc: 1.96mg (13.07%), Vitamin A: 607.23IU (12.14%), Vitamin B3: 2.33mg (11.65%), Vitamin B6: 0.22mg (10.93%), Vitamin B1: 0.15mg (10.29%), Calcium: 94.84mg (9.48%), Vitamin B2: 0.13mg (7.57%), Vitamin C: 5.66mg (6.86%), Selenium: 4.28µg (6.12%), Vitamin B5: 0.55mg (5.48%), Vitamin E: 0.68mg (4.55%), Vitamin B12: 0.12µg (1.97%)