



Garbanzo Tomato Pasta Soup

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce garbanzo beans drained and rinsed canned
- 28 canned tomatoes whole peeled chopped canned
- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme dried
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 onion chopped
- 0.8 cup soup noodles

- 4 servings salt and pepper to taste
- 43.5 ounce vegetable stock canned

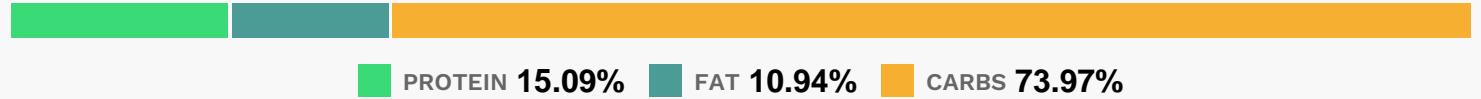
Equipment

- frying pan
- pot

Directions

- Bring vegetable broth to a boil in a large pot.
- Add pasta and cook for 8 to 10 minutes or until al dente.
- Meanwhile, heat oil in a small skillet over medium heat.
- Saute onions and garlic until translucent. Stir into pasta and add garbanzo beans, tomatoes, basil, thyme, salt and pepper.
- Heat through and serve.

Nutrition Facts



Properties

Glycemic Index:46.08, Glycemic Load:9.76, Inflammation Score:-10, Nutrition Score:72.05347826087%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 19.99mg, Quercetin: 19.99mg, Quercetin: 19.99mg, Quercetin: 19.99mg

Nutrients (% of daily need)

Calories: 684.61kcal (34.23%), Fat: 9.53g (14.67%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 144.97g (48.32%), Net Carbohydrates: 110.57g (40.21%), Sugar: 72.58g (80.64%), Cholesterol: 0mg (0%), Sodium: 5838.91mg (253.87%), Protein: 29.58g (59.15%), Vitamin C: 270.23mg (327.56%), Vitamin B6: 3.77mg (188.31%), Iron: 29.73mg (165.18%), Manganese: 3.27mg (163.56%), Potassium: 5637.48mg (161.07%), Fiber: 34.4g (137.6%), Vitamin E: 20.11mg (134.06%), Copper: 2.2mg (109.97%), Vitamin B3: 20.87mg (104.34%), Vitamin B2: 1.62mg (95.07%),

Calcium: 945.8mg (94.58%), Vitamin B1: 1.36mg (90.35%), Magnesium: 355.43mg (88.86%), Vitamin K: 89.97µg (85.69%), Vitamin A: 4045.08IU (80.9%), Phosphorus: 663.8mg (66.38%), Folate: 264.76µg (66.19%), Vitamin B5: 3.81mg (38.05%), Zinc: 5mg (33.34%), Selenium: 12.47µg (17.82%)