



Garlic, Spinach, and Chickpea Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



403 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce garbanzo beans drained canned
- 2 tablespoons corn meal
- 4 cloves garlic crushed peeled
- 6 servings ground pepper to taste
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 cup heavy cream
- 2 tablespoons olive oil

- 1 medium onion coarsely chopped
- 3 medium potatoes peeled chopped
- 6 servings salt to taste
- 0.5 pound pkt spinach rinsed chopped
- 2 tablespoons tahini
- 1.3 quarts vegetable stock

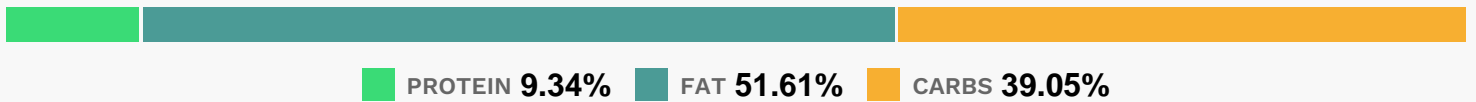
Equipment

- bowl
- pot

Directions

- Heat olive oil in a large pot over medium heat, and stir in garlic and onion. Cook until tender. Season with cumin and coriander.
- Mix vegetable stock and potatoes into the pot, and bring to a boil. Reduce heat, and simmer about 10 minutes. Stir in the garbanzo beans, and continue to cook until potatoes are tender.
- In a small bowl, blend the heavy cream, tahini, and corn meal.
- Mix into the soup.
- Stir spinach into the soup. Season with cayenne pepper and salt. Continue to cook until spinach is heated through.

Nutrition Facts



Properties

Glycemic Index:60.6, Glycemic Load:19.82, Inflammation Score:-10, Nutrition Score:27.296086788177%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 6mg, Quercetin: 6mg,

Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 403.26kcal (20.16%), Fat: 24.1g (37.08%), Saturated Fat: 10.46g (65.38%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 32.94g (11.98%), Sugar: 5.01g (5.56%), Cholesterol: 44.82mg (14.94%), Sodium: 1283.99mg (55.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.63%), Vitamin K: 190.43µg (181.36%), Vitamin A: 5432.81IU (108.66%), Manganese: 1.24mg (61.8%), Vitamin C: 35.82mg (43.42%), Vitamin B6: 0.86mg (43.14%), Fiber: 8.09g (32.35%), Folate: 121.44µg (30.36%), Potassium: 928.23mg (26.52%), Magnesium: 94.6mg (23.65%), Phosphorus: 226.22mg (22.62%), Iron: 3.89mg (21.64%), Copper: 0.4mg (19.93%), Vitamin B1: 0.26mg (17.3%), Vitamin E: 2.45mg (16.34%), Vitamin B2: 0.23mg (13.5%), Calcium: 130.33mg (13.03%), Vitamin B3: 2.13mg (10.66%), Zinc: 1.6mg (10.64%), Selenium: 5.99µg (8.55%), Vitamin B5: 0.71mg (7.07%), Vitamin D: 0.63µg (4.23%), Vitamin B12: 0.06µg (1.06%)