



 **56%**  
HEALTH SCORE

## Greek Garbanzo Stew

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**115 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 ounce baby spinach fresh
- 15 ounce garbanzo beans rinsed drained canned
- 28 ounce canned tomatoes diced canned
- 0.5 teaspoon rosemary dried
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 1 tablespoon olive oil
- 1 medium onion diced

- 2 teaspoons oregano dried
- 0.5 teaspoon pepper
- 0.3 teaspoon salt
- 1 teaspoon greek seasoning
- 2 tablespoons tomato paste
- 14.5 ounce vegetable broth canned

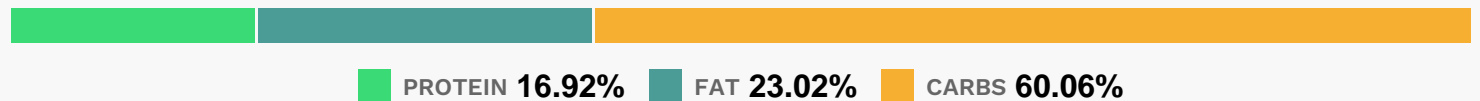
## Equipment

- dutch oven

## Directions

- Saut onion in hot oil in a Dutch oven over medium-high heat 4 to 5 minutes or until tender.
- Add garlic, and cook 1 minute. Stir in tomatoes and next 8 ingredients. Bring to a boil; reduce heat to low, and simmer, stirring occasionally, 15 minutes. Stir in spinach and chopped parsley; cook 5 minutes. Top with crumbled feta cheese, if desired.

## Nutrition Facts



## Properties

Glycemic Index:50.17, Glycemic Load:5.04, Inflammation Score:-9, Nutrition Score:18.299565190854%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 115.01kcal (5.75%), Fat: 3.24g (4.99%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 13.39g (4.87%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 606.93mg (26.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.73%), Vitamin K: 133.08µg (126.74%), Vitamin A: 2489.95IU (49.8%), Manganese: 0.92mg (46.15%), Vitamin B6: 0.49mg (24.46%), Vitamin C: 18.64mg (22.6%),

Fiber: 5.65g (22.59%), Folate: 74.76µg (18.69%), Iron: 3.18mg (17.65%), Potassium: 570.91mg (16.31%), Copper: 0.32mg (16.15%), Vitamin E: 2.31mg (15.41%), Magnesium: 57.98mg (14.49%), Calcium: 99.25mg (9.93%), Phosphorus: 95.58mg (9.56%), Vitamin B3: 1.65mg (8.23%), Vitamin B1: 0.12mg (8.08%), Vitamin B2: 0.12mg (6.91%), Zinc: 0.85mg (5.65%), Vitamin B5: 0.49mg (4.92%), Selenium: 2.32µg (3.31%)