



 **23%**
HEALTH SCORE

Harira (Moroccan Bean Soup)

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



189 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups vegetable stock
- 1 cup chickpeas cooked drained
- 1 tablespoon flour
- 3 tablespoons cilantro leaves fresh divided chopped
- 0.5 teaspoon ginger fresh minced peeled
- 3 tablespoons parsley fresh divided chopped
- 0.5 juice of lemon
- 1 tablespoon olive oil

- 0.5 teaspoon saffron threads
- 4 servings salt and pepper
- 6 shallots whole ends trimmed peeled
- 1 tablespoon tomato paste
- 6 tomatoes peeled chopped
- 0.5 teaspoon turmeric

Equipment

- bowl
- sauce pan
- ladle
- whisk

Directions

- In a large saucepan, combine the chickpeas or lentils, shallots, saffron, turmeric, ginger, tomatoes, tomato paste, stock or water, olive oil, half of the cilantro, and half of the parsley. Bring to a boil over high heat, and then reduce heat to maintain a simmer, cover, and cook for 15 minutes.
- Remove ½ cup of the liquid and pour into a small bowl.
- Add the flour and stir until there are no lumps.
- Add more liquid if it looks too much like a paste.
- Whisk this mixture back into the large saucepan. Also, add the lemon and a pinch of salt and pepper.
- Let the soup cook for five minutes.
- Taste and add more salt and pepper if needed. Ladle the soup into bowls and garnish with the remaining cilantro and parsley.

Nutrition Facts



PROTEIN 13.34% FAT 22.72% CARBS 63.94%

Properties

Glycemic Index:103.19, Glycemic Load:8.89, Inflammation Score:-10, Nutrition Score:18.043913043478%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg, Naringenin: 1.31mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 189.22kcal (9.46%), Fat: 5.07g (7.8%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 25.17g (9.15%), Sugar: 13.4g (14.88%), Cholesterol: 0mg (0%), Sodium: 1654.09mg (71.92%), Protein: 6.69g (13.39%), Vitamin K: 69.25µg (65.95%), Vitamin A: 2634.54IU (52.69%), Vitamin C: 35.3mg (42.78%), Manganese: 0.8mg (39.89%), Folate: 120.49µg (30.12%), Fiber: 6.92g (27.69%), Potassium: 754.08mg (21.55%), Vitamin B6: 0.35mg (17.67%), Copper: 0.31mg (15.57%), Iron: 2.66mg (14.78%), Phosphorus: 143.98mg (14.4%), Magnesium: 52.37mg (13.09%), Vitamin E: 1.88mg (12.51%), Vitamin B1: 0.16mg (10.64%), Vitamin B3: 1.68mg (8.41%), Zinc: 1.18mg (7.85%), Calcium: 59.37mg (5.94%), Vitamin B2: 0.09mg (5.2%), Vitamin B5: 0.42mg (4.23%), Selenium: 2.84µg (4.05%)