



 **100%**  
HEALTH SCORE

## Hearty Spinach and Chickpea Soup

 **Gluten Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**650 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

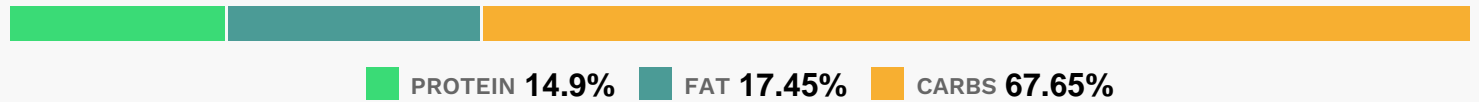
### Ingredients

- 10 ounces baby spinach
- 2 cups brown rice uncooked
- 15 ounces garbanzo beans drained and rinsed canned
- 4 servings coarse salt to taste
- 0.5 teaspoon rosemary dried crumbled
- 4 cups mushroom caps fresh thinly sliced
- 2 cloves garlic minced
- 1 tablespoon olive oil

- 1 medium onion finely chopped
- 0.5 cup parmesan cheese grated
- 6 cups vegetable broth reduced-sodium

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:72.52, Glycemic Load:48.65, Inflammation Score:-10, Nutrition Score:48.72347826087%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

## Nutrients (% of daily need)

Calories: 649.94kcal (32.5%), Fat: 13.04g (20.06%), Saturated Fat: 3.21g (20.03%), Carbohydrates: 113.74g (37.91%), Net Carbohydrates: 96.61g (35.13%), Sugar: 8.38g (9.31%), Cholesterol: 10.88mg (3.63%), Sodium: 789.65mg (34.33%), Protein: 25.06g (50.11%), Vitamin K: 344.78µg (328.36%), Manganese: 5.65mg (282.65%), Vitamin A: 6770.98IU (135.42%), Vitamin B6: 1.85mg (92.44%), Phosphorus: 713.23mg (71.32%), Fiber: 17.13g (68.53%), Magnesium: 273.28mg (68.32%), Vitamin B3: 13.56mg (67.79%), Folate: 218.51µg (54.63%), Vitamin B5: 5.26mg (52.56%), Potassium: 1559.56mg (44.56%), Vitamin B2: 0.73mg (43.14%), Copper: 0.86mg (42.96%), Zinc: 5.96mg (39.75%), Vitamin B1: 0.53mg (35.64%), Iron: 6.03mg (33.5%), Selenium: 20.44µg (29.21%), Vitamin C: 22.53mg (27.31%), Calcium: 263.1mg (26.31%), Vitamin E: 2.01mg (13.42%), Vitamin D: 0.97µg (6.44%), Vitamin B12: 0.17µg (2.81%)