



Indian chickpea & vegetable soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



248 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 large onion chopped
- ☐ 1 tsp root ginger fresh finely grated
- ☐ 1 garlic clove chopped
- ☐ 1 tbsp garam masala
- ☐ 850 ml vegetable stock
- ☐ 2 large carrots chopped quartered
- ☐ 400 g chickpea drained canned

☐ 100 g green bean chopped

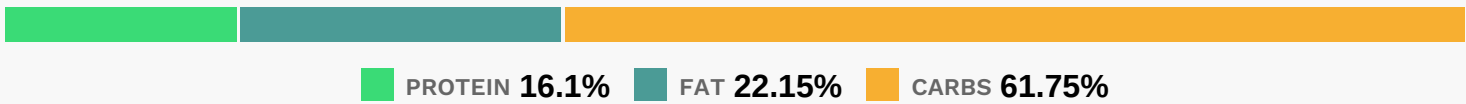
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ microwave

Directions

☐ Heat the oil in a medium saucepan, then add the onion, ginger and garlic. Fry for 2 mins, then add the garam masala, give it 1 min more, then add the stock and carrots. Simmer for 10 mins, then add the chickpeas. Use a stick blender to whizz the soup a little. Stir in the beans and simmer for 3 mins. Pack into a flask or, if youve got a microwave at work, chill and heat up for lunch. Great with naan bread.

Nutrition Facts



Properties

Glycemic Index:58.9, Glycemic Load:8.81, Inflammation Score:-10, Nutrition Score:19.589130443075%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 248.44kcal (12.42%), Fat: 6.33g (9.73%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 29.51g (10.73%), Sugar: 10.72g (11.91%), Cholesterol: 0mg (0%), Sodium: 880.15mg (38.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.69%), Vitamin A: 6664.06IU (133.28%), Manganese: 1.2mg (59.88%), Folate: 194.29µg (48.57%), Fiber: 10.17g (40.69%), Vitamin K: 25.92µg (24.68%), Phosphorus: 202.29mg (20.23%), Copper: 0.4mg (20.17%), Iron: 3.35mg (18.61%), Magnesium: 62.72mg (15.68%), Potassium: 518.78mg (14.82%), Vitamin B6: 0.28mg (13.95%), Vitamin B1: 0.18mg (11.94%), Zinc: 1.75mg (11.67%), Vitamin C: 9.51mg (11.52%), Calcium: 80.19mg (8.02%), Vitamin B2: 0.12mg (7.12%), Vitamin E: 0.98mg (6.52%), Selenium: 4.18µg (5.98%), Vitamin B3: 1.12mg (5.58%), Vitamin B5: 0.49mg (4.92%)