



Indian Spiced Chickpea and Fire Roasted Tomato Soup

 Vegetarian

READY IN



22 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cans chickpeas drained
- ☐ 28 ounce canned tomatoes fire roasted canned
- ☐ 2 cloves garlic chopped
- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 small onion coarsely chopped

- ☐ 4 servings warm pita toasted
- ☐ 1 cup yogurt plain
- ☐ 4 servings salt and pepper
- ☐ 0.5 teaspoon turmeric
- ☐ 2 cups vegetable stock

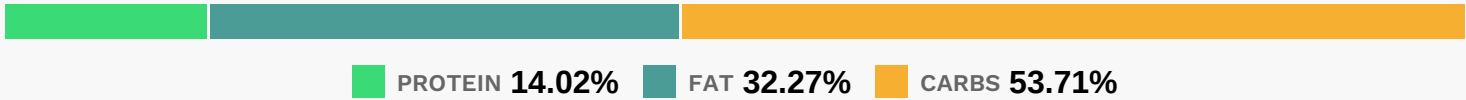
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Heat a medium pot with extra-virgin olive oil over medium heat.
- ☐ Add garlic and cook 2 to 3 minutes. Grind the chickpeas and onion in food processor.
- ☐ Add to pot and cook 5 minutes to sweeten onion. Season the chickpeas with cumin, cardamom, turmeric, salt and pepper. Stir in stock, then tomatoes. Simmer soup 5 to 10 minutes to combine flavors.
- ☐ Serve with a dollop of yogurt and warm pita for dipping.

Nutrition Facts



Properties

Glycemic Index:68.33, Glycemic Load:39.11, Inflammation Score:-10, Nutrition Score:22.248695701361%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 576.19kcal (28.81%), Fat: 20.87g (32.11%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 78.16g (26.05%), Net Carbohydrates: 64.88g (23.59%), Sugar: 9.22g (10.25%), Cholesterol: 7.96mg (2.65%), Sodium: 1930.45mg (83.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.81%), Manganese: 2.3mg (114.78%), Vitamin B6: 1.16mg (57.95%), Fiber: 13.28g (53.13%), Iron: 5.61mg (31.19%), Phosphorus: 307.18mg (30.72%), Calcium: 278.8mg (27.88%), Copper: 0.47mg (23.44%), Vitamin A: 1151.86IU (23.04%), Magnesium: 89.91mg (22.48%), Folate: 77.92µg (19.48%), Vitamin B1: 0.26mg (17.2%), Zinc: 2.52mg (16.8%), Potassium: 547.03mg (15.63%), Vitamin E: 2.03mg (13.51%), Vitamin B5: 1.17mg (11.68%), Vitamin B2: 0.19mg (10.94%), Selenium: 6.24µg (8.92%), Vitamin B3: 1.63mg (8.16%), Vitamin K: 8.43µg (8.03%), Vitamin C: 6.06mg (7.35%), Vitamin B12: 0.23µg (3.78%)