



Italian chickpea stew



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



362 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 550 g potato salad (such as Charlotte)
- ☐ 250 g pkt spinach washed trimmed
- ☐ 4 tbsp olive oil light
- ☐ 1 onion red finely chopped
- ☐ 2 garlic clove finely chopped
- ☐ 0.5 tsp chilies dried crushed
- ☐ 200 ml wine dry white (2 small glasses)
- ☐ 6 plum tomatoes diced peeled seeded

- ☐ 410 g chickpeas drained and rinsed organic canned (preferably)
- ☐ 2 tbsp juice of lemon
- ☐ 6 tbsp parsley fresh chopped
- ☐ 2 tbsp mint leaves fresh chopped
- ☐ 4 tbsp olive oil extra virgin extra-virgin

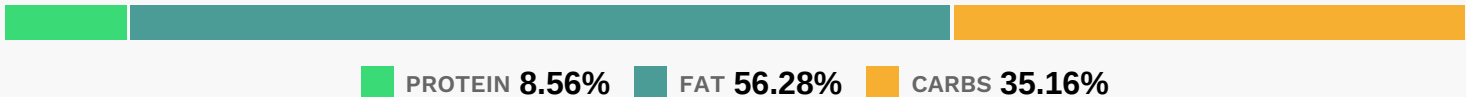
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ colander

Directions

- ☐ Cook the potatoes in salted boiling water for 15–20 minutes until tender. Meanwhile, tip the spinach into a colander or sieve, pour boiling water over it from the kettle so the spinach wilts, then hold it under the cold tap until its cooled down. Shake it well and leave to drain.
- ☐ Drain the potatoes and cut into 1cm dice.
- ☐ Heat the light olive oil in a large pan and cook the onion and garlic over a low heat for 3–4 minutes until soft and translucent.
- ☐ Add the chillies and wine, tip in half the tomatoes and cook over a moderate heat until nearly all the wine has evaporated. Stir in the chickpeas, diced potatoes and spinach and cook for 5 minutes.
- ☐ Add the lemon juice, parsley, mint, extra virgin olive oil and remaining tomatoes. Season with salt and pepper to taste. If the stew seems a little dry, add a splash of water or vegetable stock.

Nutrition Facts



Properties

Glycemic Index:30.59, Glycemic Load:8.32, Inflammation Score:-10, Nutrition Score:21.805217526529%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 6.18mg, Apigenin: 6.18mg, Apigenin: 6.18mg, Apigenin: 6.18mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 361.85kcal (18.09%), Fat: 22.08g (33.96%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 31.04g (10.35%), Net Carbohydrates: 24.53g (8.92%), Sugar: 8.3g (9.22%), Cholesterol: 11.69mg (3.9%), Sodium: 261.05mg (11.35%), Alcohol: 2.61g (100%), Alcohol %: 1.28% (100%), Protein: 7.55g (15.11%), Vitamin K: 222.16µg (211.58%), Vitamin A: 3782.8IU (75.66%), Manganese: 1.01mg (50.52%), Folate: 173.27µg (43.32%), Vitamin C: 23.09mg (27.98%), Fiber: 6.51g (26.04%), Vitamin E: 3.59mg (23.92%), Potassium: 669.01mg (19.11%), Iron: 3.2mg (17.8%), Magnesium: 71.05mg (17.76%), Phosphorus: 161.44mg (16.14%), Vitamin B6: 0.29mg (14.71%), Copper: 0.29mg (14.61%), Vitamin B1: 0.14mg (9.07%), Zinc: 1.36mg (9.05%), Calcium: 83.22mg (8.32%), Vitamin B2: 0.13mg (7.55%), Vitamin B3: 1.44mg (7.22%), Selenium: 4.08µg (5.82%), Vitamin B5: 0.57mg (5.66%)