



 **39%**  
HEALTH SCORE

## Kale and Chickpea Soup with Lemon

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 banana shallots
- 1 bay leaves
- 400 g garbanzo beans drained canned
- 1 stick celery
- 0.3 tsp pepper
- 4 servings top toasted
- 1 garlic clove peeled
- 0.5 juice of lemon
- 200 g kale chopped

- 1 slices optional: lemon
- 1 Tbsp olive oil
- 4 servings parmesan cheese grated
- 2 stalks rosemary
- 4 servings salt to taste
- 800 ml veggie broth hot

## Equipment

- frying pan
- sauce pan
- knife
- blender
- dutch oven

## Directions

- Set a dutch oven or large saucepan over medium heat; pour in the olive oil. Finely dice the shallots and add to the pan, stirring to coat with the oil. Make 4 or 5 long horizontal slices in the celery stalk and dice.
- Add this to the pan and stir. Finely chop the rosemary leaves and stir into the pan together with the bay leaf and the chilli flakes. Peel the garlic clove and using the flat of your knife and the heel of your hand, crush so that it is still whole and add to pan.
- Add the chickpeas and the kale and stir.
- Pour in the hot stock, let it come to a boil and turn down the heat.
- Let it simmer for 20 minutes until the kale is tender. Squeeze in the juice of half a lemon. Check the seasoning and adjust to taste. You might want more lemon or salt it all depends on what you have used for the stock. Working in batches or in the pan itself if you have a stick blender, blitz until you have the texture you like. I like mine to still have a few chickpeas and pieces of kale through it so I set aside a couple of ladlefuls and used a stick blender to blitz the rest.
- Serve hot, floating a couple of slices of lemon on top of each serving and pass round the parmesan cheese for everyone to help themselves. Lovely with toasted crusty bread.

# Nutrition Facts

PROTEIN 21.15% FAT 44.27% CARBS 34.58%

## Properties

Glycemic Index:96.33, Glycemic Load:5.99, Inflammation Score:-10, Nutrition Score:26.870869565217%

## Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg, Isorhamnetin: 11.8mg Kaempferol: 23.42mg, Kaempferol: 23.42mg, Kaempferol: 23.42mg, Kaempferol: 23.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

## Taste

Sweetness: 14.11%, Saltiness: 100%, Sourness: 22.17%, Bitterness: 14.61%, Savoriness: 13.81%, Fattiness: 92.58%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 290.33kcal (14.52%), Fat: 14.76g (22.71%), Saturated Fat: 5.48g (34.26%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 18.58g (6.76%), Sugar: 3.43g (3.81%), Cholesterol: 26.1mg (8.7%), Sodium: 1836.02mg (79.83%), Protein: 15.87g (31.75%), Vitamin K: 200.8µg (191.24%), Vitamin A: 5792.97IU (115.86%), Manganese: 1.25mg (62.63%), Vitamin C: 51.04mg (61.87%), Calcium: 445.56mg (44.56%), Vitamin B6: 0.65mg (32.33%), Phosphorus: 311.13mg (31.11%), Fiber: 7.37g (29.48%), Selenium: 13.59µg (19.42%), Vitamin B2: 0.31mg (18.21%), Folate: 69.46µg (17.36%), Zinc: 2.29mg (15.28%), Magnesium: 59.92mg (14.98%), Iron: 2.6mg (14.45%), Potassium: 458.82mg (13.11%), Copper: 0.22mg (10.76%), Vitamin B1: 0.12mg (7.95%), Vitamin E: 1.08mg (7.18%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.52mg (5.2%), Vitamin B3: 0.88mg (4.4%)