




 **67%**
HEALTH SCORE

Lemon Chickpea & Tomato Stew


 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN




45 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 4 bay leaves
- 30 ounces garbanzo beans drained and rinsed canned
- 5 cups chicken broth
- 1 teaspoon pepper red crushed
- 1 Clove garlic chopped
- 3 garlic clove minced
- 1 jalapeno minced seeded
- 4 tablespoons juice of lemon fresh

- 1 tablespoon olive oil
- 1.5 teaspoons oregano dried crumbled
- 4 servings salt and pepper
- 1 shallots chopped
- 2 cups pkt spinach fresh chopped
- 1.5 cups sun-dried olives dried coarsely chopped

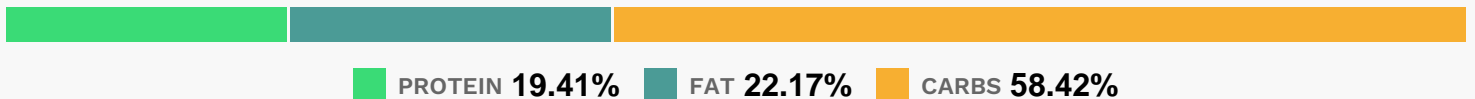
Equipment

- frying pan
- sauce pan
- oven

Directions

- In a large saucepan, heat the olive oil.
- Add the shallot & garlic and cook over medium heat, stirring, until soft, about 5 minutes.
- Add the chickpeas, chile, oregano, bay leaf and crushed red pepper and season with salt & pepper. Cook, stirring frequently, until the herbs are fragrant and the chickpeas are hot and starting to brown- (careful they sometimes jump out of the pan), about 5-7 minutes.
- Add the broth, lemon zest, lemon juice and bring to a boil. Simmer the stew over moderately low heat until the broth is reduced by half, about 20 minutes. Stir in the Oven-Dried Tomatoes, garlic and chard and simmer for 5 minutes. Discard the bay leaf. Season the stew with salt & pepper and serve with warm crusty bread to soak up the juices.

Nutrition Facts



Properties

Glycemic Index:57.33, Glycemic Load:13.83, Inflammation Score:-10, Nutrition Score:34.81347826087%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Taste

Sweetness: 37.31%, Saltiness: 23.55%, Sourness: 100%, Bitterness: 53.93%, Savoriness: 13.07%, Fattiness: 46.55%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 362.54kcal (18.13%), Fat: 9.73g (14.97%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 42g (15.27%), Sugar: 17.95g (19.94%), Cholesterol: 5.88mg (1.96%), Sodium: 1940.67mg (84.38%), Protein: 19.16g (38.32%), Manganese: 2.9mg (144.93%), Vitamin K: 98.23µg (93.56%), Vitamin B6: 1.27mg (63.61%), Fiber: 15.68g (62.74%), Potassium: 1934.46mg (55.27%), Copper: 1mg (50.17%), Iron: 7.55mg (41.95%), Vitamin A: 2011.19IU (40.22%), Magnesium: 158.6mg (39.65%), Vitamin C: 32.06mg (38.86%), Phosphorus: 349.22mg (34.92%), Folate: 118.56µg (29.64%), Vitamin B2: 0.45mg (26.68%), Vitamin B1: 0.38mg (25.1%), Vitamin B3: 4.95mg (24.74%), Zinc: 2.69mg (17.94%), Calcium: 170.07mg (17.01%), Vitamin B5: 1.61mg (16.11%), Selenium: 8.52µg (12.16%), Vitamin E: 1.41mg (9.4%)