



Mediterranean Chickpea, Tomato, and Pasta Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 14.5 ounce canned tomatoes diced undrained canned
- 0.5 cup ditalini pasta tube-shaped uncooked (very short macaroni)
- 16 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon ground cinnamon

- 0.5 teaspoon ground cumin
- 2 teaspoons olive oil
- 1 cup onion diced
- 1.5 cups water

Equipment

- sauce pan

Directions

- Heat olive oil in a large saucepan over medium-high heat.
- Add onion, and saut 3 minutes or until tender.
- Add the water and next 6 ingredients (water through tomatoes). Bring mixture to a boil; cover, reduce heat, and simmer 5 minutes, stirring occasionally.
- Add pasta, and cook 9 minutes or until pasta is tender. Stir in chopped parsley.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:7, Inflammation Score:-7, Nutrition Score:17.296086943668%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 218.75kcal (10.94%), Fat: 4.94g (7.6%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 28.35g (10.31%), Sugar: 6.76g (7.52%), Cholesterol: 0mg (0%), Sodium: 913.29mg (39.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.95%), Manganese: 1.32mg (66.02%), Vitamin B6: 0.76mg (37.99%), Vitamin K: 39.88µg (37.98%), Fiber: 8.08g (32.31%), Copper: 0.45mg (22.63%), Selenium: 13.83µg (19.75%), Iron: 3.42mg (19.02%), Vitamin C: 15.21mg (18.43%), Phosphorus: 172.33mg (17.23%), Potassium: 598.76mg

(17.11%), Magnesium: 65.4mg (16.35%), Folate: 55.01µg (13.75%), Vitamin B3: 2.34mg (11.71%), Vitamin E: 1.62mg (10.82%), Vitamin B1: 0.15mg (10.26%), Calcium: 99.46mg (9.95%), Zinc: 1.36mg (9.05%), Vitamin B5: 0.87mg (8.66%), Vitamin A: 410.93IU (8.22%), Vitamin B2: 0.12mg (6.79%), Vitamin B12: 0.23µg (3.78%)