



HEALTH SCORE

52%

Moroccan chickpea soup



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 onion chopped
- ☐ 2 garlic clove crushed
- ☐ 1 to 5 chilies red deseeded roughly chopped
- ☐ 1 tbsp ginger fresh grated
- ☐ 1 tsp cumin
- ☐ 1 tsp ras el hanout spice mix
- ☐ 0.3 tsp cinnamon

- ☐ 200 g roasted peppers red
- ☐ 800 g canned tomatoes chopped canned
- ☐ 400 ml vegetable stock
- ☐ 400 g chickpeas drained and rinsed canned
- ☐ 2 simple preserved lemons chopped (discard the pulp and seeds)
- ☐ 1 tbsp clear honey
- ☐ 50 g couscous

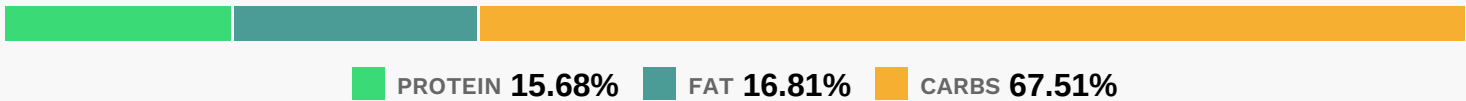
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Heat the oil in a large lidded pan.
- ☐ Add the onion and garlic, put on the lid and cook for 5 mins, stirring halfway through. Stir the chilli, ginger, cumin, ras el hanout and cinnamon into the pan and cook for 1 min.
- ☐ Add the peppers, tomatoes and stock. Bring to the boil, turn down to a simmer, put on the lid and cook for 10 mins.
- ☐ Blitz the soup with a stick blender, or in a food processor until smooth. Return to the pan and add more liquid to thin the soup, if you like. Stir in the chickpeas, preserved lemons, honey and some seasoning. If eating straight away, add the couscous and heat through for 5 mins. (If taking to work, add the couscous just before reheating).

Nutrition Facts



Properties

Glycemic Index:89.51, Glycemic Load:19.05, Inflammation Score:-9, Nutrition Score:27.877391317616%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 358.62kcal (17.93%), Fat: 7.11g (10.94%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 64.27g (21.42%), Net Carbohydrates: 50.59g (18.4%), Sugar: 20.61g (22.9%), Cholesterol: 0mg (0%), Sodium: 1357.91mg (59.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.93g (29.86%), Manganese: 1.73mg (86.54%), Vitamin C: 61.79mg (74.89%), Fiber: 13.69g (54.77%), Folate: 217.78µg (54.45%), Copper: 0.86mg (42.86%), Iron: 6.79mg (37.71%), Vitamin B6: 0.66mg (33.07%), Potassium: 1078.48mg (30.81%), Phosphorus: 282.43mg (28.24%), Magnesium: 108.71mg (27.18%), Vitamin E: 3.55mg (23.64%), Vitamin B1: 0.33mg (21.8%), Vitamin A: 1050.84IU (21.02%), Vitamin K: 21.29µg (20.28%), Vitamin B3: 3.93mg (19.65%), Calcium: 165.21mg (16.52%), Zinc: 2.41mg (16.09%), Vitamin B2: 0.22mg (12.77%), Vitamin B5: 1.09mg (10.94%), Selenium: 5.56µg (7.95%)