



## Moroccan Sweet and Sour Soup



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 onion chopped ( )
- ☐ 1 carrots diced ( )
- ☐ 1 bell pepper diced red ( )
- ☐ 1 bell pepper diced green ( )
- ☐ 8 apricot dried chopped ( )
- ☐ 4 cloves garlic crushed chopped ( and )
- ☐ 2 inch ginger fresh peeled chopped finely ( and )
- ☐ 400 gr canned tomatoes chopped canned

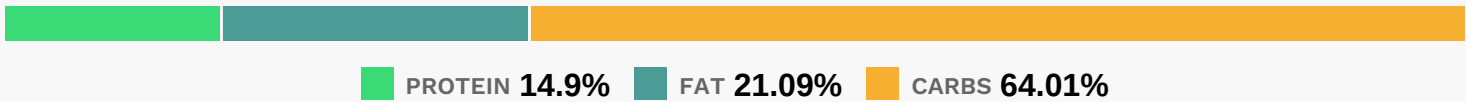
- ☐ 400 gr garbanzo beans drained and rinsed canned ( )
- ☐ 4 juice of lemon
- ☐ 0.7 tablespoons cilantro leaves fresh chopped (cilantro)
- ☐ 1 pint chicken stock see (approx)
- ☐ 0.3 teaspoon cinnamon dried
- ☐ 1 tablespoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon turmeric
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon pepper dried
- ☐ 0.3 teaspoon pepper black
- ☐ 4 servings salt to taste
- ☐ 4 servings olive oil for frying
- ☐ 4 servings non-dairy milk
- ☐ 4 servings vegetable stock

## Equipment

## Directions

- ☐ Fry the onions and peppers until soft.
- ☐ Add the other ingredients, except for the fresh coriander, and bring to the boil. Simmer for 35/45 minutes.
- ☐ Stir in the fresh coriander and serve.

## Nutrition Facts



## Properties

Glycemic Index:111.25, Glycemic Load:12.02, Inflammation Score:-10, Nutrition Score:28.913912887806%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

## Nutrients (% of daily need)

Calories: 300.98kcal (15.05%), Fat: 7.64g (11.76%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 40.74g (14.81%), Sugar: 21.8g (24.23%), Cholesterol: 3.55mg (1.18%), Sodium: 1737.38mg (75.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Vitamin A: 5854.47IU (117.09%), Vitamin C: 88.22mg (106.93%), Manganese: 1.48mg (73.77%), Vitamin B6: 1.06mg (53.06%), Fiber: 11.46g (45.85%), Potassium: 1125.81mg (32.17%), Iron: 5.35mg (29.74%), Copper: 0.56mg (28.22%), Vitamin E: 3.83mg (25.54%), Vitamin B3: 4.71mg (23.54%), Magnesium: 85.16mg (21.29%), Phosphorus: 209.33mg (20.93%), Folate: 78.82µg (19.71%), Vitamin B2: 0.27mg (16.11%), Vitamin B1: 0.24mg (15.78%), Vitamin K: 15.94µg (15.18%), Calcium: 130.51mg (13.05%), Zinc: 1.7mg (11.32%), Selenium: 6.85µg (9.78%), Vitamin B5: 0.97mg (9.72%)