



## North African Chickpea and Kale Soup

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



177 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon allspice
- 2 bay leaves
- 2 carrots diced sliced
- 0.1 teaspoon ground pepper
- 3 cups chickpeas drained and rinsed cooked (or 2 cans, )
- 1 cinnamon sticks
- 4 cloves garlic minced pressed
- 1.5 teaspoon ground cumin

- 0.5 teaspoon ground ginger
- 1 large bunch crossing over quintessential american desserts thick chopped (at least 8 cups)
- 1 large onion chopped
- 0.5 teaspoon paprika
- 1 pinch saffron threads generous crushed
- 6 servings salt to taste
- 8 cups vegetable stock (or water plus bouillon)
- 2 cups water

## Equipment

## Directions

- Add the onion and carrot and cook over medium-high heat until the onion begins to brown (about 5 minutes).
- Add the garlic and cook for 1 more minute.
- Add the spices, including bay leaves and cinnamon stick, and cook, stirring, for another minute.
- Add the chickpeas and stir to coat them with the spices.
- Pour in the 8 cups of vegetable stock, bring to a boil, and reduce heat to a simmer for 20 minutes.
- Add the chopped kale and stir. If necessary add water to cover the kale and cook until it is tender, about 10-25 minutes, depending on how cooked you like your kale. Check frequently to see if it is becoming dry and add water as needed.
- Add salt to taste and serve.

## Nutrition Facts



## Properties

Glycemic Index:52.76, Glycemic Load:7.37, Inflammation Score:-10, Nutrition Score:15.164782691585%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

## **Nutrients (% of daily need)**

Calories: 176.83kcal (8.84%), Fat: 2.42g (3.72%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 24.71g (8.98%), Sugar: 8.69g (9.66%), Cholesterol: 0.13mg (0.04%), Sodium: 1473.42mg (64.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Vitamin A: 4197.24IU (83.94%), Manganese: 1.12mg (56.25%), Folate: 150.05µg (37.51%), Fiber: 7.75g (31%), Copper: 0.34mg (16.77%), Iron: 2.99mg (16.64%), Phosphorus: 159.33mg (15.93%), Magnesium: 48.69mg (12.17%), Potassium: 368.09mg (10.52%), Vitamin B6: 0.21mg (10.35%), Zinc: 1.44mg (9.57%), Vitamin B1: 0.13mg (8.55%), Calcium: 70.73mg (7.07%), Vitamin K: 6.48µg (6.17%), Vitamin C: 4.89mg (5.93%), Selenium: 3.65µg (5.21%), Vitamin B2: 0.08mg (4.56%), Vitamin B3: 0.75mg (3.75%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.34mg (3.4%)