



Quick Chickpea and Summer Vegetable Stew



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz asparagus trimmed cut into 2-in. pieces thin
- ☐ 15 oz chickpeas drained and rinsed canned (garbanzos)
- ☐ 2 small carrots cut into coins
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 1 cup corn kernels fresh
- ☐ 1 teaspoon kosher salt
- ☐ 1 qt chicken broth reduced-sodium

- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 small baby squash yellow cut into coins
- ☐ 2 small zucchini cut into coins

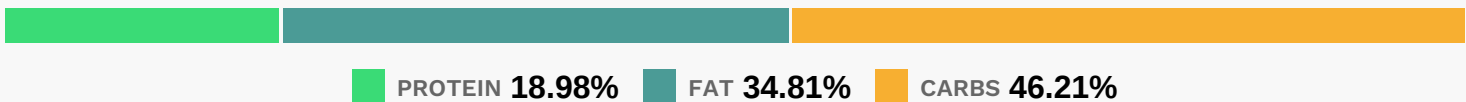
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat oil in a medium pot over medium heat. Cook onion until translucent but not browned, about 7 minutes.
- ☐ Add carrots and cook until slightly softened, 3 to 4 minutes.
- ☐ Stir in broth, chickpeas, squashes, corn, salt, and pepper and bring to a boil. Reduce heat and simmer 2 minutes, then stir in tomatoes and asparagus and cook until squashes are tender but not mushy, about 3 minutes more. Ladle into bowls and garnish with basil.

Nutrition Facts



Properties

Glycemic Index:73.79, Glycemic Load:5.72, Inflammation Score:-10, Nutrition Score:24.799999610237%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg, Isorhamnetin: 3.3mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 272.33kcal (13.62%), Fat: 11.41g (17.55%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 25.55g (9.29%), Sugar: 8.36g (9.29%), Cholesterol: 0mg (0%), Sodium: 981.76mg (42.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.99%), Vitamin A: 5021.03IU (100.42%), Manganese: 1.28mg (64.2%), Vitamin B6: 0.85mg (42.35%), Vitamin C: 32.06mg (38.86%), Vitamin K: 36.28µg (34.55%), Fiber: 8.52g (34.1%), Potassium: 964.64mg (27.56%), Phosphorus: 269.32mg (26.93%), Vitamin B3: 5.33mg (26.63%), Folate: 100.59µg (25.15%), Copper: 0.48mg (24.17%), Iron: 3.69mg (20.52%), Magnesium: 75.36mg (18.84%), Vitamin B2: 0.29mg (17.23%), Vitamin B1: 0.23mg (15.36%), Vitamin E: 2.01mg (13.4%), Zinc: 1.8mg (11.99%), Vitamin B5: 1mg (10.03%), Calcium: 91.48mg (9.15%), Selenium: 3.81µg (5.44%), Vitamin B12: 0.24µg (3.94%)