



Ramadan Soup (Harira)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.3 cup celery finely chopped
- ☐ 0.5 cup lentils dried
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 8 lemon wedges

- ☐ 0.5 cup lima beans *soaked overnight frozen thawed
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 1 teaspoon tomato paste
- ☐ 0.5 cup no-salt-added tomato puree organic (such as Muir Glen)
- ☐ 2 cups vegetable broth organic (such as Emeril's)
- ☐ 2 cups water
- ☐ 1.8 cups onion diced yellow

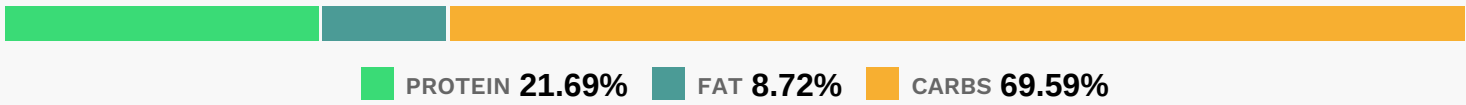
Equipment

- ☐ sauce pan

Directions

- ☐ Place first 8 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes. Stir in beans and next 5 ingredients (through chickpeas); bring to a boil. Cover, reduce heat, and simmer 20 minutes or until vegetables are tender.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:54.62, Glycemic Load:4.79, Inflammation Score:-7, Nutrition Score:12.603913058405%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.16mg, Apigenin: 4.16mg, Apigenin: 4.16mg, Apigenin: 4.16mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg, Quercetin: 8.27mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 133.11kcal (6.66%), Fat: 1.36g (2.09%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 16.02g (5.82%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 621.63mg (27.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Manganese: 0.75mg (37.52%), Fiber: 8.41g (33.65%), Vitamin K: 35.2µg (33.53%), Folate: 95.73µg (23.93%), Vitamin C: 17.37mg (21.06%), Vitamin B6: 0.42mg (20.97%), Iron: 2.47mg (13.74%), Phosphorus: 132.28mg (13.23%), Copper: 0.26mg (12.84%), Potassium: 430.71mg (12.31%), Vitamin B1: 0.17mg (11.43%), Magnesium: 45.25mg (11.31%), Vitamin A: 448.17IU (8.96%), Zinc: 1.22mg (8.14%), Vitamin B5: 0.64mg (6.37%), Calcium: 49.93mg (4.99%), Selenium: 3.01µg (4.31%), Vitamin B2: 0.07mg (4.24%), Vitamin B3: 0.8mg (3.98%), Vitamin E: 0.51mg (3.38%)