



Roasted Fennel, Tomato, and Chickpea Soup

READY IN



60 min.

SERVINGS



4

CALORIES



213 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 15.5 ounce garbanzo beans organic rinsed drained canned (garbanzo beans)
- ☐ 29 ounce tomatoes diced organic undrained canned
- ☐ 2 cups fennel bulb chopped (1 small bulb)
- ☐ 1 leaf flat parsley fresh
- ☐ 3 garlic clove minced
- ☐ 28 ounce beef broth fat-free canned
- ☐ 2 cups onion chopped

- ☐ 2 6-inch wholewheat pita breads cut into 8 wedges ()
- ☐ 0.3 teaspoon salt

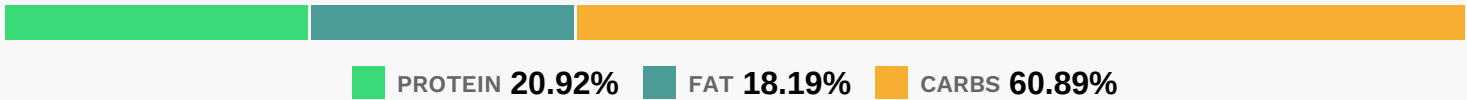
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 425
- ☐ Arrange fennel and onion in a single layer on a jelly-roll pan coated with cooking spray; toss to coat.
- ☐ Bake at 425 for 25 minutes, stirring after 15 minutes.
- ☐ Add chickpeas to vegetable mixture.
- ☐ Bake an additional 20 minutes or until fennel is tender and chickpeas start to brown, stirring after 10 minutes.
- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add garlic to pan, and cook for 1 minute, stirring occasionally.
- ☐ Add vegetable mixture, broth, and the next 3 ingredients (through salt) to pan, and bring to a boil. Cook for 3 minutes or until thoroughly heated.
- ☐ Remove from heat, and garnish with parsley.
- ☐ Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:88.33, Glycemic Load:7, Inflammation Score:-7, Nutrition Score:19.181304509549%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 17.41mg, Quercetin: 17.41mg, Quercetin: 17.41mg, Quercetin: 17.41mg

Nutrients (% of daily need)

Calories: 212.87kcal (10.64%), Fat: 4.63g (7.12%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 25.16g (9.15%), Sugar: 10.02g (11.13%), Cholesterol: 5.38mg (1.79%), Sodium: 1153.61mg (50.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.97%), Manganese: 1.32mg (65.79%), Vitamin B6: 0.89mg (44.66%), Fiber: 9.73g (38.91%), Vitamin C: 31.4mg (38.06%), Vitamin K: 38.32µg (36.5%), Potassium: 1253.34mg (35.81%), Iron: 3.92mg (21.76%), Copper: 0.38mg (19.06%), Folate: 71.54µg (17.88%), Phosphorus: 176.95mg (17.7%), Magnesium: 68.96mg (17.24%), Calcium: 148.52mg (14.85%), Vitamin B1: 0.18mg (11.68%), Vitamin E: 1.73mg (11.53%), Vitamin B3: 2.01mg (10.06%), Vitamin B2: 0.17mg (9.97%), Zinc: 1.31mg (8.72%), Vitamin A: 401.95IU (8.04%), Vitamin B5: 0.79mg (7.93%), Selenium: 3.46µg (4.95%)