

health-score 55%

HEALTH SCORE

Salmon and Garbanzo Bean Soup

☒ Gluten Free ☒ Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon chopped
- ☐ 14 ounce garbanzo beans drained canned
- ☐ 5 cups chicken broth
- ☐ 1 onion thinly sliced
- ☐ 1 pound salmon fillet cut into 1 inch cubes
- ☐ 4 servings salt and pepper to taste
- ☐ 1 bunch pkt spinach fresh rinsed thinly sliced

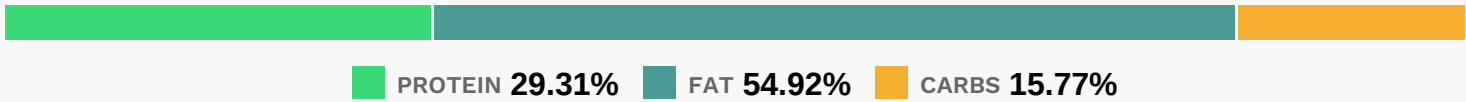
Equipment

☐ pot

Directions

- ☐ Cook bacon in a large pot over medium-high heat until the fat has rendered out and the bacon begins to crisp.
- ☐ Pour out the excess grease, then stir in the onion. Continue cooking and stirring until the onion has turned golden-brown, 5 to 8 minutes more.
- ☐ Add the salmon cubes, and cook gently until they turn opaque on all sides, but are not yet cooked in the center.
- ☐ Increase heat to high, and pour in the chicken broth. Once the soup begins to simmer, reduce heat to medium-low, and cook for 10 minutes. Stir in the spinach and garbanzo beans, return to a simmer, then season to taste with salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:45.2799998888462%

Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg, Quercetin: 8.96mg

Nutrients (% of daily need)

Calories: 532.95kcal (26.65%), Fat: 32.6g (50.16%), Saturated Fat: 8.96g (55.98%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 14.35g (5.22%), Sugar: 2.79g (3.1%), Cholesterol: 105.67mg (35.22%), Sodium: 2052.94mg (89.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.15g (78.3%), Vitamin K: 410.66µg (391.1%), Vitamin A: 8058.1IU (161.16%), Manganese: 1.77mg (88.48%), Vitamin B6: 1.75mg (87.32%), Selenium: 56.93µg (81.33%), Vitamin B12: 3.95µg (65.81%), Vitamin B3: 12.61mg (63.07%), Folate: 223.28µg (55.82%), Vitamin B2: 0.83mg (49.01%), Phosphorus: 449.2mg (44.92%), Potassium: 1378.16mg (39.38%), Vitamin B1: 0.59mg (39.01%), Magnesium: 139.32mg (34.83%), Vitamin C: 26.02mg (31.54%), Copper: 0.62mg (31.23%), Iron: 4.93mg (27.38%), Fiber: 6.7g (26.81%), Vitamin B5: 2.61mg (26.14%), Zinc: 2.78mg (18.55%), Calcium: 153.52mg (15.35%), Vitamin E: 2.09mg (13.95%), Vitamin D: 0.23µg (1.51%)