



Simple Cabbage and Chickpea Soup with Fresh Basil

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cubes bouillon cubes (or enough to flavor 6 cups of water)
- 0.5 head cabbage chopped
- 15 ounce canned tomatoes diced canned
- 2 carrots sliced
- 16 ounce chickpeas rinsed cooked drained canned (or)
- 0.3 cup basil fresh chopped
- 4 cloves garlic clove minced pressed

- 1 onion chopped
- 2 teaspoons oregano
- 6 servings pepper black generous
- 2 tablespoons pinenuts lightly toasted
- 6 cups vegetable stock hot (plus bouillon cubes, below) (and no bouillon cubes)

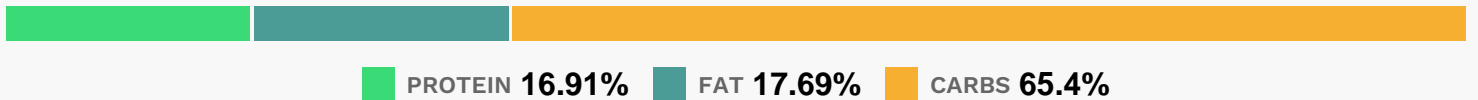
Equipment

- bowl
- pot

Directions

- Heat a large, non-stick pot.
- Add the onions and cook, stirring, for about 3 minutes.
- Add the carrots and garlic and cook for another two minutes.
- Add all remaining ingredients EXCEPT the basil and pine nuts. Cover and simmer until vegetables are tender, about 25 minutes. Stir in fresh basil and serve in individual soup bowls, topped with 1 teaspoon of pine nuts, if desired.

Nutrition Facts



Properties

Glycemic Index:60.6, Glycemic Load:9, Inflammation Score:-10, Nutrition Score:25.037826126684%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 221.59kcal (11.08%), Fat: 4.65g (7.15%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 28.33g (10.3%), Sugar: 13.15g (14.61%), Cholesterol: 0.02mg (0.01%), Sodium: 1187.88mg (51.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10g (20%), Vitamin A: 4228.12IU (84.56%), Vitamin K: 78.72µg (74.97%), Manganese: 1.47mg (73.61%), Vitamin C: 38.66mg (46.86%), Folate: 182.98µg (45.75%), Fiber: 10.36g (41.44%), Copper: 0.49mg (24.36%), Iron: 4.09mg (22.71%), Phosphorus: 207.04mg (20.7%), Potassium: 691.72mg (19.76%), Vitamin B6: 0.39mg (19.68%), Magnesium: 75.76mg (18.94%), Vitamin B1: 0.23mg (15.18%), Vitamin E: 1.85mg (12.32%), Zinc: 1.83mg (12.22%), Calcium: 120.24mg (12.02%), Vitamin B3: 1.88mg (9.41%), Vitamin B2: 0.15mg (8.66%), Vitamin B5: 0.69mg (6.86%), Selenium: 4.05µg (5.78%)