



Soup For Couscous



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 baking potato
- 15 ounce garbanzo beans drained canned
- 1 large carrots
- 2 eggs
- 1 tablespoon cilantro leaves fresh chopped
- 1 bell pepper green
- 0.5 teaspoon ground pepper black
- 0.5 teaspoon ground turmeric

- 3 tablespoons olive oil
- 0.5 teaspoon pepper sauce hot
- 1 teaspoon salt
- 1 medium tomatoes
- 1 cube vegetable bouillon
- 8 cups water
- 1 onion yellow

Equipment

- frying pan

Directions

- Chop all the vegetables into medium chunks.
- Heat the oil in a heavy pan, and saute the vegetables together with the salt, pepper, and hot sauce for 2 to 3 minutes.
- Add water, garbanzo beans, coriander, turmeric, and bouillon cube. Bring soup to the boil. Wash the eggs thoroughly, and add to the pan. Turn down the heat, and simmer for 30 minutes.
- Remove eggs, now hard-cooked; peel, slice, and add to the soup. Simmer for another 15 to 20 minutes.
- Serve over steamed couscous.

Nutrition Facts



PROTEIN 13.57% **FAT 44.72%** **CARBS 41.71%**

Properties

Glycemic Index:90.23, Glycemic Load:13.04, Inflammation Score:-10, Nutrition Score:19.379565259685%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg,

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg, Quercetin: 6.51mg

Nutrients (% of daily need)

Calories: 291.37kcal (14.57%), Fat: 14.93g (22.96%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 23.99g (8.72%), Sugar: 3.97g (4.41%), Cholesterol: 81.84mg (27.28%), Sodium: 965.04mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Vitamin A: 3518.59IU (70.37%), Manganese: 1.15mg (57.28%), Vitamin B6: 0.88mg (43.96%), Vitamin C: 34.84mg (42.23%), Fiber: 7.34g (29.35%), Phosphorus: 186.67mg (18.67%), Copper: 0.37mg (18.57%), Potassium: 639.29mg (18.27%), Folate: 60.84µg (15.21%), Magnesium: 60.57mg (15.14%), Iron: 2.64mg (14.68%), Vitamin K: 15.23µg (14.5%), Vitamin E: 2.16mg (14.41%), Selenium: 9.27µg (13.25%), Vitamin B2: 0.17mg (9.86%), Vitamin B5: 0.96mg (9.6%), Zinc: 1.42mg (9.44%), Vitamin B1: 0.14mg (9.35%), Calcium: 91.1mg (9.11%), Vitamin B3: 1.26mg (6.29%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)