



 **16%**  
HEALTH SCORE

## Spanish Chickpea Soup

 **Gluten Free**

READY IN



**140 min.**

SERVINGS



**4**

CALORIES



**309 kcal**

LUNCH

MAIN COURSE

MAIN DISH

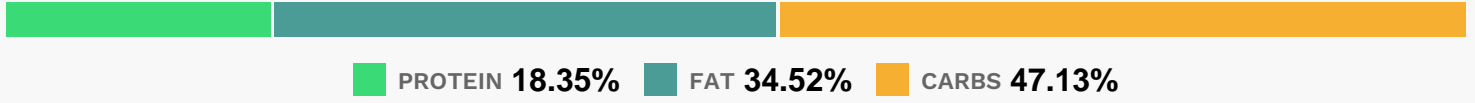
DINNER

## Ingredients

- 4 servings almonds toasted sliced
- 4.5 ounces chorizo sausage cut cut into bite-size chunks
- 8 ounces chickpeas dried
- 3 garlic clove chopped
- 2 teaspoons ground coriander
- 1 tablespoon cooking oil
- 0.5 onion
- 4 servings single cream

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:21.88, Glycemic Load:5.53, Inflammation Score:-7, Nutrition Score:18.109130434783%

### Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

### Nutrients (% of daily need)

Calories: 309.29kcal (15.46%), Fat: 12.11g (18.64%), Saturated Fat: 3.43g (21.45%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 26.52g (9.64%), Sugar: 6.72g (7.46%), Cholesterol: 23.61mg (7.87%), Sodium: 15.56mg (0.68%), Protein: 14.49g (28.97%), Folate: 318.97µg (79.74%), Manganese: 1.35mg (67.34%), Fiber: 10.69g (42.76%), Copper: 0.51mg (25.62%), Iron: 4.15mg (23.07%), Phosphorus: 224.46mg (22.45%), Vitamin B1: 0.29mg (19.06%), Magnesium: 73.21mg (18.3%), Vitamin B6: 0.35mg (17.47%), Potassium: 546.18mg (15.61%), Zinc: 2.08mg (13.83%), Vitamin C: 9.99mg (12.11%), Vitamin B5: 0.94mg (9.38%), Vitamin E: 1.35mg (8.98%), Calcium: 83.67mg (8.37%), Vitamin B2: 0.14mg (8.35%), Selenium: 5.35µg (7.64%), Vitamin K: 7.72µg (7.35%), Vitamin B3: 0.96mg (4.82%), Vitamin A: 209.32IU (4.19%)