



Spiced Chickpea Stew with Feta Toasts



Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz chickpeas rinsed canned
- ☐ 2 cup tomatoes diced with juice canned
- ☐ 0.1 teaspoon caraway seeds
- ☐ 1 teaspoon coriander seeds
- ☐ 4 ounce feta cheese crumbled
- ☐ 3 clove garlic cloves minced peeled
- ☐ 1 teaspoon kosher salt
- ☐ 4 cup chicken broth low sodium

- ☐ 0.5 tablespoon oregano dried
- ☐ 0.5 teaspoon red-pepper flakes crushed to taste
- ☐ 1 cup roasted peppers red jarred drained roughly chopped
- ☐ 6 slice rustic bread

Equipment

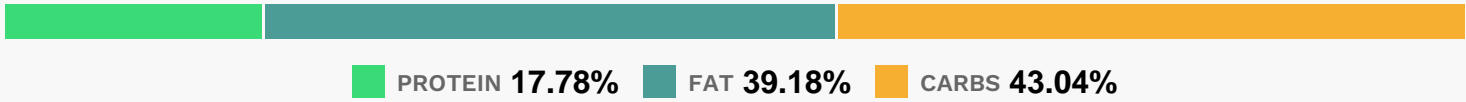
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ broiler
- ☐ stove
- ☐ mortar and pestle
- ☐ immersion blender

Directions

- ☐ Using a mortar and pestle , crush garlic, chiles, coriander, salt, and caraway to form a rough paste full of cracked seeds.
- ☐ Heat oil in a saucepan over medium-high heat.
- ☐ Add garlic mixture, and cook until just softened, about 3 minutes.Stir in half of the chickpeas, tomatoes, roasted red peppers, and stock. Cover the pot and simmer over very low heat, stirring often, for 45 minutes.
- ☐ Let cool slightly.Meanwhile lightly toast the bread slices in a 350 degree oven for about 5 minutes.
- ☐ Remove the toast from the oven and turn the broiler on to get hot. In a small bowl mix together the chopped tomatoes, oregano and feta.
- ☐ Add a drizzle of very good olive oil. Heap about 1 ½ tablespoons on top of each toast and place them on a baking sheet.

- ☐
- Put the toasts under the broiler for a few moments until they begin to bubble and get brown.
- ☐
- Remove the toasts from broiler. Set aside.Using an immersion blender process the cooled tomato and chickpea mixture to a slightly chunky puree.
- ☐
- Add the rest of the chick peas. Return the pan to the stove and reheat. Divide the stew among bowls, and serve with the tomato and feta toasts on the side.

Nutrition Facts



Properties

Glycemic Index:17.06, Glycemic Load:5.54, Inflammation Score:-7, Nutrition Score:17.738260580146%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 334.34kcal (16.72%), Fat: 15.12g (23.26%), Saturated Fat: 6.96g (43.53%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 28.92g (10.52%), Sugar: 8.33g (9.26%), Cholesterol: 16.82mg (5.61%), Sodium: 1555.54mg (67.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.88%), Manganese: 1.32mg (66.02%), Vitamin B6: 0.92mg (46.16%), Fiber: 8.44g (33.76%), Phosphorus: 256.57mg (25.66%), Vitamin C: 18.99mg (23.02%), Iron: 3.85mg (21.4%), Vitamin B3: 4.18mg (20.91%), Copper: 0.4mg (20.07%), Calcium: 196.26mg (19.63%), Vitamin B2: 0.3mg (17.85%), Potassium: 598.39mg (17.1%), Folate: 65.3µg (16.33%), Magnesium: 61.17mg (15.29%), Zinc: 1.93mg (12.86%), Vitamin B1: 0.15mg (9.96%), Selenium: 6.18µg (8.83%), Vitamin B12: 0.48µg (7.95%), Vitamin A: 372.74IU (7.45%), Vitamin B5: 0.72mg (7.24%), Vitamin K: 5.45µg (5.19%), Vitamin E: 0.72mg (4.8%)