



Spicy Chard Soup

READY IN



40 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 4 cloves garlic finely chopped
- ☐ 4 hardboiled eggs peeled quartered
- ☐ 1 tablespoon harissa
- ☐ 4 servings kosher salt
- ☐ 1 optional: lemon halved
- ☐ 6 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil extra-virgin plus more for drizzling

- ☐ 1 medium onion finely chopped
- ☐ 2 cups pita chips crushed
- ☐ 0.3 cup greek yogurt plain
- ☐ 2 pounds swiss chard
- ☐ 2 tablespoons tomato paste

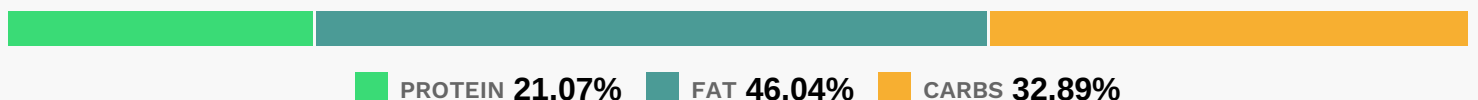
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Cut the chard stems into 1/2-inch pieces and the leaves into 1-inch pieces; keep separate. Toast the caraway and cumin seeds in a skillet over medium heat, 1 to 2 minutes. Cool, then grind in a spice grinder or transfer to a resealable plastic bag and crush with a heavy skillet.
- ☐ Heat the olive oil in a large pot over medium heat.
- ☐ Add the chard stems and onion and cook until softened, 5 to 6 minutes. Clear a space in the pan, then add the tomato paste, harissa, garlic and ground spices. Cook 2 minutes, then stir into the vegetables.
- ☐ Add the chard leaves, chicken broth and 1 cup water, bring to a rapid simmer and cook until the chard is tender, about 10 minutes. Squeeze in the juice from 1/2 lemon and season with salt.
- ☐ Mix the yogurt, the juice from the remaining 1/2 lemon and a pinch of salt. Divide the soup among bowls.
- ☐ Add the eggs, pita chips and a dollop of the yogurt mixture; drizzle with olive oil.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:3.39, Inflammation Score:-10, Nutrition Score:38.81173921668%

Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 13.35mg, Kaempferol: 13.35mg, Kaempferol: 13.35mg, Kaempferol: 13.35mg Myricetin: 7.22mg, Myricetin: 7.22mg, Myricetin: 7.22mg, Myricetin: 7.22mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 398.26kcal (19.91%), Fat: 21.67g (33.35%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 28.62g (10.41%), Sugar: 7.73g (8.59%), Cholesterol: 187.13mg (62.38%), Sodium: 1164.21mg (50.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.32g (44.64%), Vitamin K: 1890.29µg (1800.27%), Vitamin A: 14273.54IU (285.47%), Vitamin C: 89.65mg (108.66%), Manganese: 1.11mg (55.6%), Vitamin E: 8.06mg (53.71%), Magnesium: 212.96mg (53.24%), Potassium: 1460.21mg (41.72%), Vitamin B2: 0.69mg (40.87%), Iron: 7.3mg (40.55%), Vitamin B3: 7.53mg (37.64%), Selenium: 26.15µg (37.36%), Phosphorus: 366.3mg (36.63%), Copper: 0.69mg (34.54%), Fiber: 6.22g (24.87%), Vitamin B6: 0.47mg (23.36%), Folate: 89.82µg (22.45%), Calcium: 202.17mg (20.22%), Vitamin B1: 0.27mg (18.22%), Vitamin B12: 1µg (16.61%), Zinc: 2.15mg (14.32%), Vitamin B5: 1.34mg (13.43%), Vitamin D: 1.1µg (7.33%)