



 **40%**
HEALTH SCORE

Spicy Garbanzo Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



33 min.

SERVINGS



6

CALORIES



240 kcal

SOUP

ANTIPASTI

STARTER

SNACK

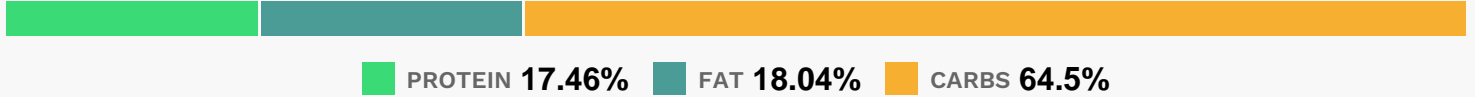
Ingredients

- 30 ounce garbanzo beans rinsed drained canned
- 15 ounce canned tomatoes diced undrained canned
- 0.3 teaspoon ground pepper to taste
- 3 cups chicken broth
- 2 teaspoons cumin
- 0.3 cup cilantro leaves fresh chopped
- 2 cups corn frozen thawed
- 3 garlic clove minced

- 1 small jalapeno seeded chopped
- 2 teaspoons olive oil
- 1 cup onion chopped
- 0.5 cup bell pepper red chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:44.72, Glycemic Load:7.54, Inflammation Score:-8, Nutrition Score:18.788695652174%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 239.88kcal (11.99%), Fat: 5.22g (8.03%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 31.94g (11.61%), Sugar: 5.42g (6.02%), Cholesterol: 2.35mg (0.78%), Sodium: 929.65mg (40.42%), Protein: 11.37g (22.74%), Manganese: 1.53mg (76.63%), Vitamin B6: 0.98mg (48.88%), Fiber: 10.05g (40.18%), Vitamin C: 32.02mg (38.81%), Copper: 0.42mg (20.9%), Iron: 3.73mg (20.72%), Phosphorus: 206.38mg (20.64%), Magnesium: 78.84mg (19.71%), Potassium: 688.65mg (19.68%), Folate: 78.67µg (19.67%), Vitamin B1: 0.21mg (13.84%), Vitamin A: 680.91IU (13.62%), Vitamin B3: 2.47mg (12.35%), Vitamin B2: 0.2mg (11.82%), Zinc: 1.77mg (11.81%), Vitamin E: 1.47mg (9.83%), Calcium: 97.4mg (9.74%), Vitamin B5: 0.88mg (8.85%), Vitamin K: 7.9µg (7.52%), Selenium: 4.59µg (6.55%)