



## Spinach, Pasta, and Pea Soup

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce baby spinach fresh
- 0.5 teaspoon pepper black freshly ground
- 3 garlic cloves thinly sliced
- 2 green onions thinly sliced
- 1 tablespoon juice of lemon
- 1 tablespoon lemon rind grated
- 4 cups lower-sodium chicken broth fat-free
- 15 ounce no-salt-added chickpeas drained canned (garbanzo beans)

- 1 tablespoon olive oil extra-virgin
- 1 tablespoon oregano fresh chopped
- 0.8 cup orzo pasta uncooked
- 0.3 cup parmesan cheese grated
- 0.1 teaspoon salt
- 2 cups water

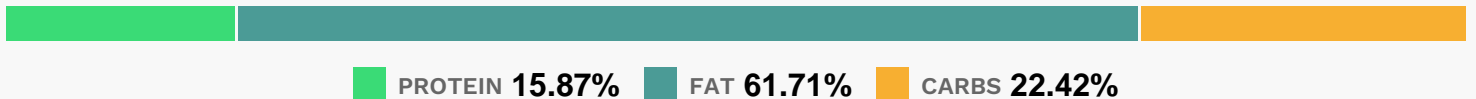
## Equipment

- bowl
- frying pan
- sauce pan
- ladle

## Directions

- Heat a large saucepan over high heat.
- Add olive oil to pan; swirl to coat.
- Add garlic and onions; saut 30 seconds, stirring constantly.
- Add chicken broth and 2 cups water; bring to a boil.
- Add orzo, lemon rind, and chickpeas. Cover and cook 10 minutes or until orzo is done. Stir in oregano and next 4 ingredients (through spinach). Ladle 1 3/4 cups soup into each of 4 bowls; top each serving with about 4 teaspoons cheese.

## Nutrition Facts



## Properties

Glycemic Index:43.25, Glycemic Load:8.98, Inflammation Score:-10, Nutrition Score:39.300434906846%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

## Nutrients (% of daily need)

Calories: 841.63kcal (42.08%), Fat: 61.17g (94.1%), Saturated Fat: 12.86g (80.36%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 41.87g (15.23%), Sugar: 12.47g (13.86%), Cholesterol: 7.25mg (2.42%), Sodium: 719.67mg (31.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.39g (70.77%), Vitamin K: 228.63µg (217.74%), Manganese: 2.35mg (117.35%), Vitamin A: 4143.21IU (82.86%), Vitamin E: 11.39mg (75.93%), Vitamin B3: 14.84mg (74.18%), Magnesium: 237.22mg (59.3%), Phosphorus: 491.35mg (49.14%), Folate: 188.41µg (47.1%), Potassium: 1439.52mg (41.13%), Selenium: 25.91µg (37.02%), Fiber: 8.12g (32.48%), Vitamin B6: 0.65mg (32.4%), Copper: 0.63mg (31.62%), Zinc: 3.75mg (25.03%), Iron: 4.05mg (22.51%), Calcium: 209.09mg (20.91%), Vitamin C: 17.19mg (20.84%), Vitamin B2: 0.35mg (20.36%), Vitamin B1: 0.23mg (15.49%), Vitamin B5: 1.35mg (13.45%), Vitamin B12: 0.11µg (1.88%)