



 **100%**
HEALTH SCORE

Squid and Chickpeas in Tomato Broth: Calamari e Ceci

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



65 min.

SERVINGS



4

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound calamari (squid)
- 56 ounce tomatoes whole crushed peeled canned
- 0.5 medium carrots shredded finely
- 2 cups chickpeas cooked
- 3 cups bottled clam juice
- 0.3 cup olive oil extra virgin
- 3 tablespoons thyme leaves dried fresh chopped

- 4 garlic cloves peeled thinly sliced
- 1 bunch mint leaves
- 36 mussels scrubbed
- 1 onion spanish chopped
- 8 plum tomatoes halved for 30 minutes and
- 0.5 cup raisins
- 4 servings salt to taste
- 4 servings salt and pepper to taste
- 0.3 cup scallions fresh sliced
- 20 slices soppressata sweet
- 2 cups pkt spinach fresh

Equipment

- bowl
- sauce pan
- pot

Directions

- In a large saucepot, combine the chickpeas, sopressata, raisins, clam juice, tomatoes and tomato sauce and simmer until reduced by half. Season well with salt and pepper and add the calamari and mussels and simmer the seafood slowly until just cooked through. Stir in the mint leaves, scallions and spinach, cook 3 minutes, then serve in warmed soup bowls.
- In a 3-quart saucepan, heat the olive oil over medium heat.
- Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



■ PROTEIN 21.66% ■ FAT 36.68% ■ CARBS 41.66%

Properties

Glycemic Index:103.35, Glycemic Load:16.15, Inflammation Score:-10, Nutrition Score:64.944782671721%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg

Nutrients (% of daily need)

Calories: 837.04kcal (41.85%), Fat: 35.06g (53.94%), Saturated Fat: 8.24g (51.53%), Carbohydrates: 89.61g (29.87%), Net Carbohydrates: 73.93g (26.88%), Sugar: 24.28g (26.98%), Cholesterol: 254.28mg (84.76%), Sodium: 2899.72mg (126.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.58g (93.16%), Manganese: 4.3mg (214.95%), Vitamin B12: 11.23µg (187.19%), Copper: 2.57mg (128.54%), Selenium: 87.44µg (124.92%), Vitamin K: 119.34µg (113.66%), Vitamin C: 92.22mg (111.78%), Vitamin A: 4964.8IU (99.3%), Phosphorus: 742.92mg (74.29%), Iron: 13.03mg (72.39%), Folate: 285.49µg (71.37%), Potassium: 2415.85mg (69.02%), Vitamin B1: 0.97mg (64.82%), Vitamin B2: 1.08mg (63.34%), Vitamin B6: 1.26mg (63.06%), Fiber: 15.68g (62.73%), Vitamin B3: 10.54mg (52.68%), Vitamin E: 7.62mg (50.78%), Magnesium: 200.63mg (50.16%), Zinc: 6.87mg (45.82%), Calcium: 304.74mg (30.47%), Vitamin B5: 2.35mg (23.5%)