



Tomato-Chickpea Soup with Rice and Swiss Chard



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings pepper black freshly ground
- 15.5 ounce garbanzo beans drained and rinsed canned
- 28 ounce canned tomatoes crushed canned
- 1 bunch swiss chard chopped roughly chopped
- 0.5 cup basmati rice cooked
- 2 teaspoons garlic clove minced
- 2 servings kosher salt

- 5 teaspoons olive oil extra virgin extra-virgin
- 2 cups vegetable stock low-sodium
- 0.8 cup onion diced yellow

Equipment

- frying pan
- paper towels
- pot

Directions

- Heat 3 teaspoons oil in medium pot over medium heat.
- Add onions and chard stems (not leaves) and sauté until onions are translucent and stems are softened, about 5 minutes.
- Add garlic and cook, stirring until fragrant, about 1 minute.
- Add tomatoes and sprinkle with salt. Cook 2 minutes, then add stock. Bring to a boil, reduce to a simmer, and cook until slightly reduced, about 10 minutes. Keep warm.
- Heat remaining 2 teaspoons oil in a large sauté pan over high heat until oil is hot and shimmering.
- Add chickpeas, sprinkle with salt, and fry over medium-high heat until browned and crispy, about 3 minutes.
- Drain on paper towel, and then stir into soup along with rice.
- Stir chard leaves into soup over medium-high heat in batches, waiting until just wilted and soft before adding more. Simmer 1 minute to heat everything through, and then season with salt and pepper.
- Let cool before storing in an airtight container for the next day, or freeze for future use.

Nutrition Facts



PROTEIN 15.38% FAT 25.05% CARBS 59.57%

Properties

Glycemic Index:176.67, Glycemic Load:32.05, Inflammation Score:-10, Nutrition Score:50.271304172018%

Flavonoids

Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 9.1mg, Kaempferol: 9.1mg, Kaempferol: 9.1mg Myricetin: 4.72mg, Myricetin: 4.72mg, Myricetin: 4.72mg, Myricetin: 4.72mg Quercetin: 15.53mg, Quercetin: 15.53mg, Quercetin: 15.53mg, Quercetin: 15.53mg

Nutrients (% of daily need)

Calories: 529.07kcal (26.45%), Fat: 15.88g (24.44%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 84.98g (28.33%), Net Carbohydrates: 64.1g (23.31%), Sugar: 23.71g (26.34%), Cholesterol: 0mg (0%), Sodium: 2591.5mg (112.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.88%), Vitamin K: 1272.51µg (1211.91%), Vitamin A: 10562.84IU (211.26%), Manganese: 3.4mg (169.99%), Vitamin C: 87.11mg (105.59%), Vitamin B6: 1.93mg (96.46%), Fiber: 20.87g (83.5%), Copper: 1.39mg (69.6%), Magnesium: 271.87mg (67.97%), Potassium: 2162.7mg (61.79%), Vitamin E: 9.27mg (61.78%), Iron: 10.89mg (60.47%), Phosphorus: 410.91mg (41.09%), Folate: 140.22µg (35.05%), Vitamin B1: 0.47mg (31.31%), Calcium: 312.18mg (31.22%), Vitamin B3: 5.99mg (29.93%), Vitamin B2: 0.4mg (23.48%), Zinc: 3.46mg (23.06%), Vitamin B5: 2.27mg (22.65%), Selenium: 11.82µg (16.88%)