



## Tomato Garbanzo Soup with Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black
- 29 ounce tomatoes diced with juice canned
- 15 ounce garbanzo beans canned
- 2 large carrots thinly sliced
- 1 teaspoon chili powder
- 0.5 teaspoon pepper red crushed
- 1.5 teaspoons ground cumin
- 0.5 teaspoon salt

- 1 cup water
- 0.5 cup rice long grain white uncooked

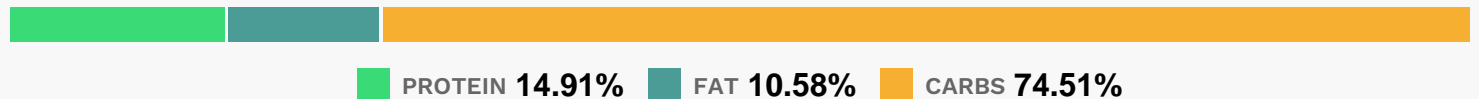
## Equipment

- pot

## Directions

- Place the diced tomatoes with juice and water in a large pot, and bring to a boil.
- Mix in the rice and carrots, and season with cumin, chili powder, red pepper, salt, and black pepper. Reduce heat to low, cover, and simmer 25 minutes, or until rice and carrots are tender.
- Mix the garbanzo beans into the pot, and continue cooking 5 minutes, until heated through.

## Nutrition Facts



## Properties

Glycemic Index:30.89, Glycemic Load:10.81, Inflammation Score:-10, Nutrition Score:14.816087017889%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 155.48kcal (7.77%), Fat: 1.91g (2.93%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 24.61g (8.95%), Sugar: 4.47g (4.96%), Cholesterol: 0mg (0%), Sodium: 615.14mg (26.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin A: 4335.9IU (86.72%), Manganese: 0.93mg (46.71%), Vitamin B6: 0.56mg (27.94%), Fiber: 5.63g (22.52%), Vitamin C: 14.27mg (17.3%), Iron: 2.83mg (15.74%), Potassium: 475.14mg (13.58%), Copper: 0.27mg (13.29%), Phosphorus: 113.12mg (11.31%), Magnesium: 44.2mg (11.05%), Calcium: 87.87mg (8.79%), Vitamin E: 1.32mg (8.77%), Folate: 34.69µg (8.67%), Vitamin B3: 1.63mg (8.17%), Vitamin B1: 0.12mg (7.7%), Vitamin K: 7.99µg (7.61%), Vitamin B2: 0.11mg (6.71%), Zinc: 0.96mg (6.39%), Vitamin B5: 0.6mg (6.02%), Selenium: 4.04µg (5.78%)