



 **52%**
HEALTH SCORE

Tomato Soup with Chickpeas and Pasta

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups tomatoes with their juice (two 28-ounce cans) canned
- 2 cups chicken broth low-sodium homemade canned
- 0.5 cup ditalini pasta
- 1 teaspoon sage dried
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 2 tablespoons olive oil
- 1 onion chopped

- 0.3 cup parmesan grated plus more for serving
- 1.8 teaspoons salt
- 2 cups water

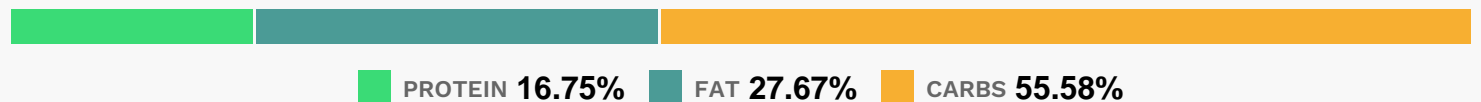
Equipment

- food processor
- pot
- blender

Directions

- In a food processor or blender, puree the tomatoes with their juice. Set aside.
- In a large pot, heat the oil over moderately low heat.
- Add the onion and cook, stirring occasionally, until soft, about 10 minutes. Stir in the garlic.
- Add the pureed tomatoes, the sage, broth, water, and salt to the pot. Bring to a boil. Stir in the pasta and chickpeas. Bring the soup back to a boil, then reduce the heat. Cook, partially covered, stirring occasionally, until the pasta is tender, about 15 minutes. Stir in the parsley, pepper, and the 1/3 cup grated Parmesan.
- Serve topped with additional Parmesan.
- Wine Recommendation: Italians have had two millennia to develop an incredible synergy between their wines and tomato-based cuisine. Take advantage of this experience and pair this soup with a cherry- and herb-scented Chianti Classico or Rufina.
- Notes: Look for high-quality canned tomatoes for this soup, such as plum tomatoes from the San Marzano region of Italy.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:9.52, Inflammation Score:-9, Nutrition Score:31.199565401544%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 342.28kcal (17.11%), Fat: 11.45g (17.61%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 51.71g (17.24%), Net Carbohydrates: 42.29g (15.38%), Sugar: 20.64g (22.93%), Cholesterol: 5.67mg (1.89%), Sodium: 1756.82mg (76.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.59g (31.17%), Vitamin K: 109.59µg (104.37%), Vitamin C: 48.12mg (58.33%), Manganese: 1.06mg (52.86%), Copper: 0.94mg (47.14%), Vitamin E: 6.39mg (42.6%), Potassium: 1472.91mg (42.08%), Fiber: 9.42g (37.7%), Vitamin B6: 0.74mg (37.08%), Iron: 6.55mg (36.42%), Vitamin B3: 7.28mg (36.41%), Phosphorus: 281.83mg (28.18%), Vitamin A: 1399.65IU (27.99%), Calcium: 272.94mg (27.29%), Magnesium: 107.83mg (26.96%), Selenium: 18.05µg (25.79%), Vitamin B1: 0.36mg (24%), Vitamin B2: 0.31mg (18.25%), Folate: 72.38µg (18.09%), Vitamin B5: 1.37mg (13.7%), Zinc: 1.92mg (12.81%), Vitamin B12: 0.22µg (3.63%)