



Turkey Garbanzo Bean and Kale Soup with Pasta

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce garbanzo beans drained and rinsed canned
- ☐ 42 ounce chicken broth canned
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 pound pd of ground turkey
- ☐ 2 cups kale roughly chopped

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 16 ounces shells whole-wheat
- ☐ 8 servings salt and pepper to taste
- ☐ 0.3 cup tomato paste
- ☐ 0.8 cup water

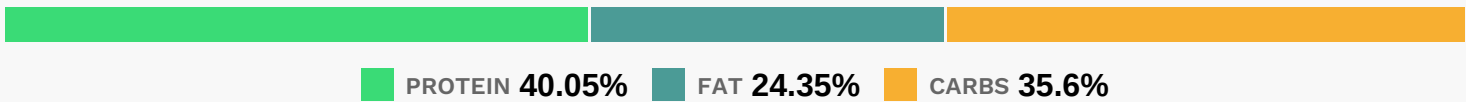
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil. Stir in the pasta, and return to a boil. Boil, stirring occasionally, until cooked through but still firm to the bite, about 12–15 minutes.
- ☐ Drain well.
- ☐ Heat olive oil in a large soup pot; add turkey, onion, and garlic. Cook over medium heat until meat browns and onion is soft, about 5 minutes. Stir in sage and rosemary and cook for about 1 minute, do not allow herbs to brown.
- ☐ Pour the broth and water into the pot along with the garbanzo beans and tomato paste. Bring to a boil and add kale. Simmer until kale softens, about 5 minutes. Season soup with salt and pepper.
- ☐ To serve, place a serving of cooked pasta in the bottom of a soup bowl and ladle hot soup over.

Nutrition Facts



Properties

Glycemic Index:21.79, Glycemic Load:3.2, Inflammation Score:-9, Nutrition Score:35.168695574221%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg 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: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 621.71kcal (31.09%), Fat: 17g (26.16%), Saturated Fat: 4.21g (26.29%), Carbohydrates: 55.95g (18.65%), Net Carbohydrates: 52.4g (19.06%), Sugar: 2.23g (2.48%), Cholesterol: 105.6mg (35.2%), Sodium: 1183.76mg (51.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.93g (125.85%), Copper: 5.05mg (252.6%), Manganese: 2.44mg (121.86%), Selenium: 83.26µg (118.94%), Vitamin B3: 12.49mg (62.44%), Vitamin B6: 1.22mg (60.87%), Phosphorus: 565.59mg (56.56%), Zinc: 6.6mg (44.01%), Magnesium: 151.98mg (38%), Iron: 5.77mg (32.04%), Vitamin B12: 1.78µg (29.63%), Vitamin K: 26.3µg (25.04%), Vitamin B1: 0.36mg (23.83%), Potassium: 765.9mg (21.88%), Vitamin B2: 0.34mg (20.09%), Vitamin A: 991.66IU (19.83%), Folate: 62.06µg (15.52%), Fiber: 3.54g (14.17%), Vitamin B5: 1.27mg (12.71%), Vitamin C: 9.29mg (11.26%), Calcium: 99.94mg (9.99%), Vitamin E: 1.28mg (8.51%), Vitamin D: 0.38µg (2.5%)