



Tuscan Chickpea Stew

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

READY IN



5 min.

SERVINGS



7

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups prepackaged baby spinach fresh
- 46.5 ounce chickpeas undrained canned (garbanzo beans)
- 14.5 ounce canned tomatoes diced with green pepper, celery, and onions, undrained canned
- 6 ounce meat from a rotisserie chicken coarsely chopped (such as Gerhard's)
- 1 tablespoon rosemary fresh chopped
- 3 garlic cloves crushed
- 2 tablespoons olive oil divided
- 0.3 cup preshredded parmesan cheese fresh

0.3 teaspoon pepper

Equipment

bowl

frying pan

sauce pan

Directions

Heat 1 tablespoon oil in a large saucepan over medium-high heat.

Add garlic and next 3 ingredients. Saut 4 minutes or until sausage is browned, stirring constantly.

Add tomatoes and 2 cans chickpeas, scraping pan to loosen brown bits.

Drain remaining can chickpeas.

Add chickpeas to pan. Bring to a boil; cover, reduce heat, and simmer 2 minutes. Uncover and stir in spinach; cook 2 minutes or until spinach wilts. Spoon into bowls over bread, if desired.

Drizzle evenly with remaining 1 tablespoon olive oil.

Sprinkle evenly with Parmesan cheese.

Nutrition Facts



PROTEIN 18.87% **FAT 26.52%** **CARBS 54.61%**

Properties

Glycemic Index:32.76, Glycemic Load:11.48, Inflammation Score:-8, Nutrition Score:26.186956573764%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 301.01kcal (15.05%), Fat: 9.54g (14.68%), Saturated Fat: 1.66g (10.41%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 31.54g (11.47%), Sugar: 11.8g (13.11%), Cholesterol: 2.43mg (0.81%), Sodium: 691.42mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.55%), Manganese: 2.21mg (110.37%), Vitamin K: 57.57µg (54.83%), Vitamin B6: 1.1mg (54.83%), Fiber: 12.66g (50.66%), Potassium: 1335.89mg (38.17%), Copper: 0.76mg (37.93%), Iron: 5.62mg (31.22%), Magnesium: 118.78mg (29.69%), Phosphorus: 287.21mg (28.72%), Vitamin A: 1207.38IU (24.15%), Folate: 88.48µg (22.12%), Vitamin C: 17.99mg (21.8%), Calcium: 166.97mg (16.7%), Vitamin B1: 0.24mg (16.23%), Vitamin B3: 3.25mg (16.23%), Zinc: 2.1mg (14.02%), Vitamin B5: 1.27mg (12.66%), Vitamin B2: 0.21mg (12.21%), Vitamin E: 1.5mg (9.97%), Selenium: 6.53µg (9.33%)