



HEALTH SCORE

100%

Vegan Moroccan Soup with White Beans and Kale



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 Stick cinnamon



1 Cloves garlic minced



2 Teaspoons ground coriander



2 Teaspoons ground cumin



2 Teaspoons ground ginger



3 cups kale thick chopped



1 Tablespoon olive oil

- ☐ 1 Teaspoon a second teaspoon of regular paprika smoked
- ☐ 8 servings sea salt and pepper black freshly ground to taste
- ☐ 0.3 cup tahini (sesame paste)
- ☐ 15.5 Ounce juice reserved from tomatoes diced
- ☐ 2 Teaspoons turmeric
- ☐ 4 cups vegetable stock fine (broth is ; stock is just usually richer in flavor and color)
- ☐ 46.5 Ounce beans white rinsed drained
- ☐ 1 onion yellow cut into 1/4-inch dice

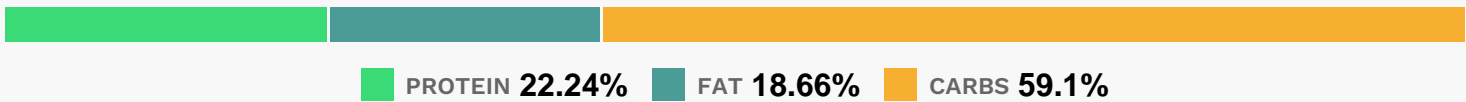
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large cast iron skillet over medium-high, heat olive oil to shimmering.
- ☐ Add onion and saute, stirring, for approximately 3 minutes or until softened and beginning to turn translucent.
- ☐ Add the garlic and saute, stirring, for 30-60 seconds. Avoid browning it.Stir in all the kale, and saute for a minute or two until it turns bright green.Stir in spices, followed by the beans, tomatoes, the stock, and the cinnamon stick; bring to a gentle simmer.Season the soup to taste with salt and pepper.Simmer for about 20 minutes to allow flavors to marry, then whisk in the tahini, check for seasoning again and heat through.
- ☐ Serve immediately or cool and store in the refrigerator in an airtight container.Gently reheat to serve.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:1.05, Inflammation Score:-10, Nutrition Score:21.434347753939%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 311.91kcal (15.6%), Fat: 6.72g (10.33%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 35.84g (13.03%), Sugar: 2.29g (2.54%), Cholesterol: 0mg (0%), Sodium: 488.76mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.02%), Manganese: 1.45mg (72.28%), Fiber: 12.01g (48.03%), Iron: 7.37mg (40.93%), Folate: 148.97µg (37.24%), Vitamin K: 38.02µg (36.21%), Copper: 0.62mg (31.09%), Magnesium: 121.03mg (30.26%), Potassium: 1046.87mg (29.91%), Phosphorus: 261.66mg (26.17%), Vitamin B1: 0.34mg (22.37%), Vitamin A: 1069.95IU (21.4%), Calcium: 197.29mg (19.73%), Zinc: 2.78mg (18.51%), Vitamin E: 1.91mg (12.73%), Vitamin C: 9.89mg (11.98%), Vitamin B6: 0.21mg (10.72%), Selenium: 5.39µg (7.7%), Vitamin B2: 0.12mg (7.19%), Vitamin B3: 0.89mg (4.43%), Vitamin B5: 0.41mg (4.11%)