



HEALTH SCORE

54%

Vegetable Chickpea Bouillabaisse

READY IN

**45 min.**

SERVINGS

**8**

CALORIES

**262 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces baking potatoes cubed peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups butternut squash cubed peeled (1-inch)
- ☐ 15.5 ounce garbanzo beans drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 0.5 cup wine dry white
- ☐ 2 small fennel bulb with stalks
- ☐ 2 teaspoons fennel seeds
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 3 garlic clove thinly sliced
- ☐ 4 ounces gruyere cheese shredded
- ☐ 2 medium leek
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon saffron threads crushed
- ☐ 1 teaspoon sea salt fine
- ☐ 1 ounce sourdough bread toasted
- ☐ 6 cups water divided

Equipment

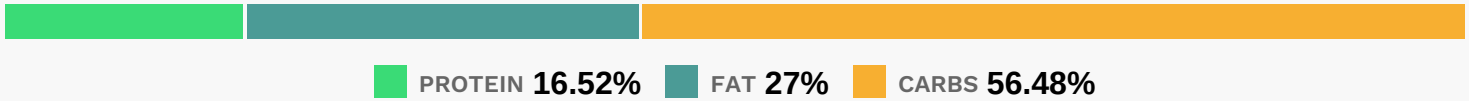
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Remove and discard roots, outer leaves, and tops from leeks.
- ☐ Cut off dark leaves of leeks, leaving 6 inches of bulb; reserve dark leaves and bulbs.
- ☐ Remove stalks from fennel bulbs; reserve stalks and bulbs.
- ☐ Combine dark leaves of leek, fennel stalks, 4 cups water, wine, and fennel seeds in a Dutch oven; bring to a boil. Reduce heat; simmer 25 minutes.
- ☐ Drain through a colander over a large bowl; discard solids.
- ☐ Slice reserved leek bulbs in half lengthwise.
- ☐ Cut each half crosswise into thin slices. Rinse with cold water; drain. Thinly slice reserved fennel bulbs.
- ☐ Add oil to pan; heat over medium heat.

- ☐ Add sliced leek and salt; cook 5 minutes, stirring occasionally.
- ☐ Add garlic; cook 2 minutes, stirring frequently.
- ☐ Add broth, sliced fennel, 2 cups water, squash, potato, juice, saffron, chickpeas, and tomatoes; bring to a boil. Partially cover, reduce heat, and simmer 35 minutes. Stir in pepper; sprinkle with parsley.
- ☐ Preheat broiler.
- ☐ Place bread on a baking sheet; sprinkle each slice with 2 tablespoons cheese. Broil 1 minute or until cheese melts.
- ☐ Serve with soup.

Nutrition Facts



Properties

Glycemic Index:62.45, Glycemic Load:12.7, Inflammation Score:-10, Nutrition Score:25.126956631308%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 262.28kcal (13.11%), Fat: 8.02g (12.33%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 29.81g (10.84%), Sugar: 7.7g (8.56%), Cholesterol: 15.59mg (5.2%), Sodium: 684.45mg (29.76%), Alcohol: 1.54g (100%), Alcohol %: 0.38% (100%), Protein: 11.03g (22.06%), Vitamin A: 8229.41IU (164.59%), Vitamin K: 69.5µg (66.19%), Manganese: 1.07mg (53.6%), Vitamin C: 34.84mg (42.23%), Vitamin B6: 0.71mg (35.63%), Fiber: 7.92g (31.68%), Potassium: 985.24mg (28.15%), Calcium: 279.4mg (27.94%), Phosphorus: 241.23mg (24.12%), Magnesium: 87.43mg (21.86%), Folate: 83.54µg (20.89%), Copper: 0.39mg (19.42%), Iron: 3.49mg (19.4%), Vitamin E: 2.51mg (16.75%), Vitamin B1: 0.22mg (14.71%), Vitamin B3: 2.7mg (13.5%), Zinc: 1.56mg (10.41%), Vitamin B5: 1mg (9.97%), Vitamin B2: 0.15mg (8.82%), Selenium: 5.81µg (8.3%), Vitamin B12: 0.23µg (3.78%)