

Eat Smart • Move More

Sopa de Garbanzo, Col Kale y Cebada

Tiempo de Preparación: 10 minutos

Tiempo Total: 45 minutos



Ingredientes

2 cucharadas de comino
2 cucharadas de aceite de oliva
1 cebolla, picada
3 dientes de ajo, picados
½ cucharadita de orégano
1/8 cucharadita de pimienta negra molida
4 zanahorias, en rodajas
2 tomates, en dados
8 tazas de agua
14 onzas de garbanzos enlatados bajos en sodio, escurridos y enjuagados
1/3 taza de cebada
6 cubos de caldo de pollo, bajos en sodio
2 tazas de col kale, rasgados

Nutrition Facts

6 servings per container

Serving size 1 serving (446.91g)

Amount per serving **Calories** 200

% Daily Value*	
Total Fat	7g 9%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	180mg 8%
Total Carbohydrate	29g 11%
Dietary Fiber	8g 29%
Total Sugars	7g
Includes g of Added Sugars	
Protein	8g
Vitamin D	0mcg 0%
Calcium	120mg 10%
Iron	3mg 20%
Potassium	565mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- Si el remanente de la sopa de pollo está espeso, agregue agua cuando la caliente.
- Si no tiene garbanzos, puede reemplazarlos con otros tipos de frijoles como los cannellini o los frijoles del Gran Norte.

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