

## Recipe Analyzer Results

A single serving of this recipe has 531 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

### Nutrition Facts

Servings: 8

Amount per serving

**Calories** **531**

% Daily Value\*

<b>Total Fat</b> 11.7g	<b>15%</b>
Saturated Fat 1.4g	<b>7%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 364mg	<b>16%</b>
<b>Total Carbohydrate</b> 87.1g	<b>32%</b>
Dietary Fiber 14g	<b>50%</b>
Total Sugars 12.5g	
<b>Protein</b> 19.6g	
Vitamin D 0mcg	0%
Calcium 92mg	7%
Iron 6mg	35%
Potassium 844mg	18%

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

Recipe analyzed by

### Ingredients:

- 3 medium carrots
- 3 stalks celery
- 1 zucchini optional
- 1/4 cup parsley
- 1/4 cup cilantro
- 16 ounce chickpeas
- 1 bay leaf
- Pasta Shells Medium Stop & Shop
- 1 tsp salt
- g g chicken or vegetable stock
- 3 cups water
- 1 tsp turmeric powder
- 1/2 tsp chili powder
- coriander powder
- 1/2 tsp cumin
- 1/3 cup marsala wine (you can mix red wine with a teaspoon of palm sugar or white sugar to make marsala wine)
- 2 cloves garlic
- 4 tbsp extra virgin olive oil
- 3 tbsps tomato paste
- 8 grinds fresh ground black pepper
- 1 medium potato optional
- 1 medium onion