



Asturian Bean Stew with Sausages -- (Asturia, Spain)

 **Gluten Free**  **Dairy Free**

READY IN



665 min.

SERVINGS



5

CALORIES



1586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer bacon chopped
- 2 bay leaves
- 1 medium carrots peeled chopped
- 10 cloves garlic sliced
- 1 lb leeks green sliced
- 1 lb lima beans *soaked overnight dried white
- 2 medium onions chopped

- 1 Tbsp paprika
- 0.5 tsp pepper
- 0.5 tsp salt
- 0.8 lb longaniza sausages cut into 3/4-inch pieces (spicy pork)
- 1 lb blood sausages cut into 3/4-inch pieces (morcilla or boudin noir)
- 2 lb ham hocks smoked

Equipment

- pot

Directions

- Soak beans overnight in enough water to cover by 2 inches; drain.
- Cook bacon in large stockpot on medium-high heat 4 min., stirring occasionally.
- Add onions, leeks, carrots and garlic; stir. Reduce heat to low; cook 15 min., stirring occasionally.
- Add beans, ham hocks, sausages, bay leaves and paprika.
- Add enough water to just cover ingredients in stockpot. Bring to boil over medium heat, stirring occasionally. Skim off foam and fat from top of stew. Reduce heat to low.
- Simmer, partially covered, 2-1/2 hours or until beans are tender. Skim fat from top of stew.
- Remove ham hocks.
- Remove meat from the bones. Return meat to pot; discard bones.
- Remove bay leaves; discard. Season with salt and pepper.

Nutrition Facts



PROTEIN 25.38% **FAT 54.58%** **CARBS 20.04%**

Properties

Glycemic Index:53.3, Glycemic Load:16.66, Inflammation Score:-10, Nutrition Score:51.070435233738%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg, Kaempferol: 2.75mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg, Quercetin: 9.14mg

Nutrients (% of daily need)

Calories: 1585.79kcal (79.29%), Fat: 95.51g (146.94%), Saturated Fat: 33.14g (207.12%), Carbohydrates: 78.87g (26.29%), Net Carbohydrates: 58.25g (21.18%), Sugar: 13.89g (15.44%), Cholesterol: 329.5mg (109.83%), Sodium: 1917.25mg (83.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 99.93g (199.87%), Manganese: 2.19mg (109.48%), Folate: 429.62µg (107.4%), Vitamin A: 4354.09IU (87.08%), Potassium: 3000.41mg (85.73%), Fiber: 20.62g (82.48%), Iron: 14.08mg (78.25%), Vitamin B1: 1.07mg (71.25%), Vitamin B6: 1.41mg (70.32%), Phosphorus: 664.2mg (66.42%), Magnesium: 264.19mg (66.05%), Vitamin B3: 10.64mg (53.19%), Vitamin K: 52.02µg (49.55%), Copper: 0.95mg (47.47%), Zinc: 6.67mg (44.47%), Vitamin B2: 0.47mg (27.55%), Vitamin B5: 2.73mg (27.28%), Vitamin B12: 1.48µg (24.69%), Vitamin C: 17.88mg (21.67%), Calcium: 208.39mg (20.84%), Selenium: 13.93µg (19.9%), Vitamin E: 2.39mg (15.97%), Vitamin D: 2.17µg (14.46%)