



Basque Rice-and-Kale Chowder



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup almonds sliced



2 bay leaves



0.7 cup chickpeas canned drained (garbanzo beans)



14.5 ounce canned tomatoes undrained chopped canned



0.5 cup celery chopped



1 cup brown rice long-grain cooked



1 cup bell pepper green chopped



1 tablespoon hungarian paprika sweet

- ☐ 2 cups kale chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 cup raisins
- ☐ 14.5 ounce vegetable broth fresh canned
- ☐ 1.5 cups water

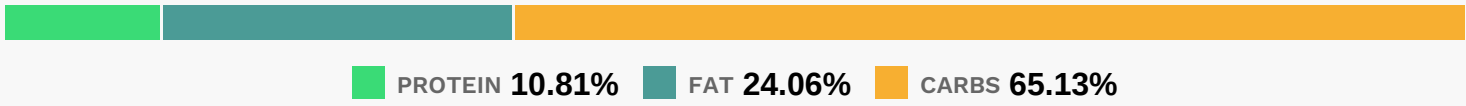
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion and next 5 ingredients (onion through bay leaves); saut 2 minutes.
- ☐ Add water, tomatoes, and broth; bring to a boil.
- ☐ Add kale, rice, chickpeas, and raisins; reduce heat, and simmer 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:77.03, Glycemic Load:12.46, Inflammation Score:-10, Nutrition Score:23.135217334913%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg, Isorhamnetin: 4.68mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg, Quercetin: 11.39mg

Nutrients (% of daily need)

Calories: 265.89kcal (13.29%), Fat: 7.69g (11.84%), Saturated Fat: 0.89g (5.53%), Carbohydrates: 46.85g (15.62%), Net Carbohydrates: 38.06g (13.84%), Sugar: 8.92g (9.92%), Cholesterol: 0mg (0%), Sodium: 654.36mg (28.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.55%), Vitamin C: 53.61mg (64.98%), Manganese: 1.29mg (64.38%), Vitamin K: 55.91µg (53.25%), Vitamin A: 2553.32IU (51.07%), Fiber: 8.79g (35.17%), Vitamin B6: 0.59mg (29.66%), Vitamin E: 4.31mg (28.72%), Copper: 0.49mg (24.47%), Magnesium: 91.67mg (22.92%), Potassium: 800.29mg (22.87%), Iron: 3.44mg (19.1%), Phosphorus: 179.09mg (17.91%), Vitamin B2: 0.28mg (16.28%), Vitamin B3: 3.08mg (15.41%), Vitamin B1: 0.23mg (15.24%), Calcium: 126.83mg (12.68%), Folate: 49.39µg (12.35%), Selenium: 6.82µg (9.74%), Zinc: 1.31mg (8.7%), Vitamin B5: 0.72mg (7.21%)