



Caldo Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

Ingredients

- ☐ 5 cups cabbage shredded (half of a 1-lb. head)
- ☐ 5 oz carrots diced peeled ()
- ☐ 1 pound chorizo sausage cut firm
- ☐ 2 cups fat-skimmed beef broth
- ☐ 10 cup fat-skimmed beef broth
- ☐ 1 clove garlic minced peeled
- ☐ 0.8 pound kale
- ☐ 8 oz onion peeled chopped

- ☐ 0.3 teaspoon pepper
- ☐ 3.5 pounds potatoes – remove skin diced peeled ()
- ☐ 0.3 teaspoon salt

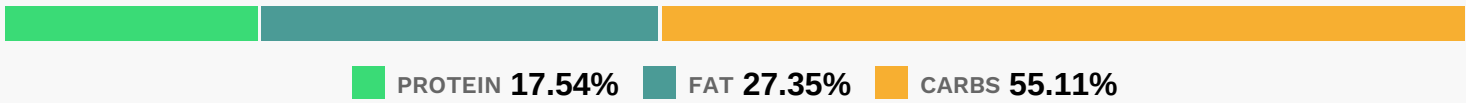
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Cut chorizo into 1/4-inch-thick slices. In a 6- to 8-quart pan over medium-high heat, stir chorizo often until lightly browned, about 10 minutes. With a slotted spoon, transfer to towels to drain. Spoon out and discard all but 1 tablespoon fat in pan.
- ☐ Add onion and garlic to pan and stir often until limp, about 5 minutes. Return chorizo to pan and add chicken and beef broth, potatoes, carrot, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Cover and bring to a boil over high heat; reduce heat and simmer, uncovered, until potatoes and carrot are tender when pierced, about 15 minutes.
- ☐ Meanwhile, rinse and drain kale.
- ☐ Cut out and discard tough center ribs; chop leaves crosswise into 1/4-inch-wide slices.
- ☐ Add kale and cabbage to soup and stir occasionally until tender to bite, 8 to 10 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:26.48, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:28.726956357127%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 11.46mg, Isorhamnetin: 11.46mg, Isorhamnetin: 11.46mg, Isorhamnetin: 11.46mg Kaempferol: 20.21mg, Kaempferol: 20.21mg, Kaempferol: 20.21mg, Kaempferol: 20.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.81mg, Quercetin:

16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg

Nutrients (% of daily need)

Calories: 289.1kcal (14.46%), Fat: 9.04g (13.9%), Saturated Fat: 4.75g (29.68%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 33.74g (12.27%), Sugar: 6.86g (7.62%), Cholesterol: 40mg (13.33%), Sodium: 1545.45mg (67.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.08%), Vitamin K: 207.41µg (197.53%), Vitamin A: 7551.64IU (151.03%), Vitamin C: 86.34mg (104.66%), Potassium: 1327.88mg (37.94%), Manganese: 0.74mg (37.19%), Fiber: 7.21g (28.85%), Vitamin B6: 0.57mg (28.25%), Vitamin B3: 4.99mg (24.97%), Folate: 93.08µg (23.27%), Phosphorus: 208.37mg (20.84%), Iron: 3.56mg (19.75%), Copper: 0.38mg (19.13%), Vitamin B1: 0.28mg (18.99%), Vitamin B2: 0.32mg (18.62%), Calcium: 183.77mg (18.38%), Magnesium: 71.51mg (17.88%), Selenium: 9.21µg (13.16%), Vitamin B5: 1.18mg (11.8%), Vitamin B12: 0.68µg (11.35%), Zinc: 1.06mg (7.09%), Vitamin E: 0.49mg (3.26%)