



## Caldo Verde (Portuguese Green Soup)

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

READY IN



60 min.

SERVINGS



6

CALORIES



367 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 clove garlic minced
- 6 servings ground pepper black to taste
- 1 pound kale julienned rinsed
- 4 tablespoons olive oil divided
- 1 onion minced
- 6 potatoes peeled thinly sliced
- 2.5 teaspoons salt
- 6 ounces linguica sausage thinly sliced

2 quarts water cold

## Equipment

food processor

frying pan

sauce pan

blender

## Directions

In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil for 3 minutes. Stir in potatoes and cook, stirring constantly, 3 minutes more.

Pour in water, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.

Meanwhile, in a large skillet over medium-low heat, cook sausage until it has released most of its fat, 10 minutes.

Drain.

Mash potatoes or puree the potato mixture with a blender or food processor. Stir the sausage, salt and pepper into the soup and return to medium heat. Cover and simmer 5 minutes.

Just before serving, stir kale into soup and simmer, 5 minutes, until kale is tender and jade green. Stir in the remaining tablespoon of olive oil and serve at once.

## Nutrition Facts



PROTEIN 11.68%  FAT 43.34%  CARBS 44.98%

## Properties

Glycemic Index:38.79, Glycemic Load:27.75, Inflammation Score:-10, Nutrition Score:29.806086809739%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 18.76mg, Isorhamnetin: 18.76mg, Isorhamnetin: 18.76mg, Isorhamnetin: 18.76mg Kaempferol: 37.2mg, Kaempferol: 37.2mg, Kaempferol: 37.2mg, Kaempferol: 37.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 22.29mg, Quercetin:

22.29mg, Quercetin: 22.29mg, Quercetin: 22.29mg

## Nutrients (% of daily need)

Calories: 367.49kcal (18.37%), Fat: 18.2g (27.99%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 34.36g (12.5%), Sugar: 3.05g (3.39%), Cholesterol: 20.41mg (6.8%), Sodium: 1218.9mg (53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.06%), Vitamin K: 304.86µg (290.34%), Vitamin A: 7578.79IU (151.58%), Vitamin C: 114.28mg (138.52%), Manganese: 0.87mg (43.64%), Vitamin B6: 0.85mg (42.74%), Potassium: 1260.51mg (36.01%), Fiber: 8.13g (32.53%), Calcium: 235.85mg (23.59%), Vitamin B1: 0.34mg (22.89%), Vitamin B3: 4.5mg (22.48%), Vitamin B2: 0.37mg (21.81%), Folate: 84.75µg (21.19%), Magnesium: 83.22mg (20.8%), Phosphorus: 207.5mg (20.75%), Iron: 3.3mg (18.35%), Copper: 0.35mg (17.5%), Vitamin E: 1.92mg (12.82%), Zinc: 1.6mg (10.67%), Vitamin B5: 0.92mg (9.16%), Vitamin B12: 0.24µg (4.02%), Vitamin D: 0.37µg (2.46%), Selenium: 1.49µg (2.13%)