



Chicken with Chorizo and Cannellini

 Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



2489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce .5 can cannellini beans drained canned
- ☐ 1 chicken supreme skinless free-range or breast
- ☐ 2 cups chicken stock see
- ☐ 4 ounces chorizo sausage sliced chopped
- ☐ 0.5 ounces approximately 4 kale generous trimmed a
- ☐ 1 teaspoons olive oil extra-virgin not
- ☐ 1 serving paprika smoked sweet for garnish

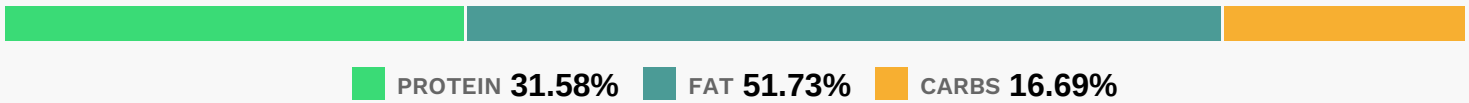
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ spatula
- ☐ cheesecloth

Directions

- ☐ In a saucepan, bring the stock to a gentle boil, lower in the chicken and cook, still gently, for 10 minutes or until all trace of pink has disappeared. Pierce with the point of a knife to check.
- ☐ Meanwhile, cook the kale, which you've roughly torn into pieces, in boiling salted water for about 5 minutes (if it's tough) and drain. Then heat the oil in a frying pan, throw in the chopped chorizo, add the drained cannellini and, stirring, warm everything through, moistening with a couple of tablespoons or so of the chicken stock – or more if you want this soupier.
- ☐ Tip the beans and chorizo into a shallow bowl or lipped plate, roughly arrange the kale on top (drizzling with a little extra-virgin olive oil if you like) and then lift the cooked chicken out of the stock with a spatula and sit this on top of the kale.
- ☐ Sprinkle the pale chicken breast with the paprika and gaze at your Spanish still life of a supper before eating it.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:20.22, Inflammation Score:-10, Nutrition Score:74.663478353749%

Flavonoids

Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 2489.04kcal (124.45%), Fat: 140.83g (216.66%), Saturated Fat: 44.41g (277.58%), Carbohydrates: 102.25g (34.08%), Net Carbohydrates: 82.27g (29.92%), Sugar: 8.95g (9.95%), Cholesterol: 665.72mg (221.91%), Sodium: 1248.88mg (54.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 193.44g (386.88%), Vitamin B3: 60.11mg (300.54%), Selenium: 126.79µg (181.13%), Vitamin B6: 3.3mg (164.94%), Phosphorus: 1621.5mg (162.15%), Iron: 21.43mg (119.04%), Manganese: 2.3mg (114.9%), Potassium: 3817.79mg (109.08%), Zinc: 15.19mg (101.3%), Magnesium: 380.43mg (95.11%), Vitamin B2: 1.53mg (90.03%), Folate: 336.96µg (84.24%), Fiber: 19.98g (79.92%), Vitamin K: 82.39µg (78.47%), Copper: 1.56mg (78.01%), Vitamin B5: 7.7mg (77.04%), Vitamin A: 3560.89IU (71.22%), Vitamin B1: 1.03mg (68.36%), Vitamin C: 46.97mg (56.93%), Calcium: 449.12mg (44.91%), Vitamin E: 6.53mg (43.5%), Vitamin B12: 2.36µg (39.36%), Vitamin D: 1.52µg (10.16%)