



Chickpea and Sausage Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce chickpeas drained and rinsed canned
- ☐ 0.3 cup cilantro leaves roughly chopped
- ☐ 0.5 cup flat-leaf parsley roughly chopped
- ☐ 12 ounces sausage italian thawed
- ☐ 4 servings kosher salt and pepper
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 10 ounce leaf spinach frozen

- ☐ 1 tablespoon tomato paste
- ☐ 2 cups vegetable broth low-sodium

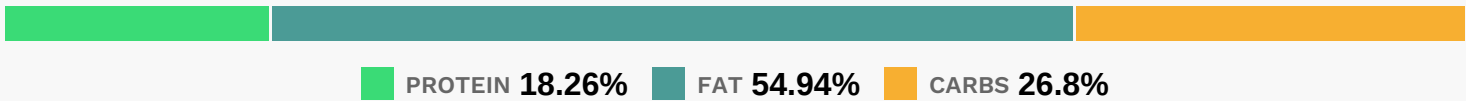
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Heat the oil in a large saucepan or Dutch oven over medium heat.
- ☐ Add the onion and cook, stirring occasionally, until soft, 5 to 7 minutes.
- ☐ Add the sausage and cook, crumbling it with a wooden spoon, until browned, about 8 minutes.
- ☐ Add the tomato paste and cook, stirring, for 2 minutes. Stir in the parsley and cilantro and cook for 1 minute more.
- ☐ Add the broth and chickpeas and bring to a boil.
- ☐ Add the frozen spinach and simmer, partially covered, for 10 minutes, stirring occasionally with a fork to separate the leaves. Stir in 1/2 teaspoon salt and 1/4 teaspoon pepper. Divide the toasted bread, if using, among individual bowls and spoon the stew on top.

Nutrition Facts



Properties

Glycemic Index:59.08, Glycemic Load:9.39, Inflammation Score:-10, Nutrition Score:38.270869462386%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 557.33kcal (27.87%), Fat: 34.69g (53.37%), Saturated Fat: 10.58g (66.1%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 25.58g (9.3%), Sugar: 2.95g (3.28%), Cholesterol: 64.64mg (21.55%), Sodium: 1500.4mg (65.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.88%), Vitamin K: 471.13µg (448.7%), Vitamin A: 7438.76IU (148.78%), Manganese: 2.5mg (125.08%), Vitamin B6: 1.46mg (73.05%), Folate: 217.08µg (54.27%), Fiber: 12.5g (49.98%), Vitamin C: 35.73mg (43.3%), Vitamin B1: 0.63mg (42.21%), Selenium: 26.47µg (37.81%), Iron: 6.24mg (34.67%), Phosphorus: 344.62mg (34.46%), Magnesium: 134.75mg (33.69%), Potassium: 1058.97mg (30.26%), Copper: 0.53mg (26.41%), Zinc: 3.54mg (23.6%), Vitamin B2: 0.33mg (19.64%), Vitamin B3: 3.83mg (19.15%), Calcium: 181.13mg (18.11%), Vitamin E: 2.2mg (14.69%), Vitamin B12: 0.77µg (12.9%), Vitamin B5: 1.2mg (12.03%)