



Chickpea-Kale Stew with Chorizo

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups chickpeas cooked (garbanzo beans)
- 3 cups less-sodium chicken broth fat-free
- 6 garlic cloves minced
- 3 cups kale chopped
- 4 lemon wedges
- 4 cups onion chopped
- 1 teaspoon oregano dried
- 0.3 teaspoon salt

2 ounces chorizo diced spanish

Equipment

frying pan

dutch oven

Directions

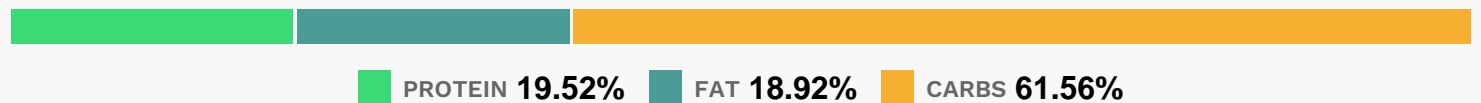
Heat a Dutch oven over medium heat.

Add first 3 ingredients to pan; cook 10 minutes or until onion is tender, stirring frequently.

Add broth, chickpeas, oregano, and salt; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until chickpeas are very tender. Stir in kale; simmer 10 minutes or until kale is tender.

Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:43.31, Glycemic Load:10.32, Inflammation Score:-10, Nutrition Score:26.467826055444%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 11.73mg, Isorhamnetin: 11.73mg, Isorhamnetin: 11.73mg, Isorhamnetin: 11.73mg Kaempferol: 8.43mg, Kaempferol: 8.43mg, Kaempferol: 8.43mg, Kaempferol: 8.43mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 36.32mg, Quercetin: 36.32mg, Quercetin: 36.32mg, Quercetin: 36.32mg

Nutrients (% of daily need)

Calories: 331.79kcal (16.59%), Fat: 7.26g (11.17%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 53.12g (17.71%), Net Carbohydrates: 39.59g (14.4%), Sugar: 13.58g (15.09%), Cholesterol: 8.86mg (2.95%), Sodium: 866.41mg (37.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.69%), Manganese: 1.7mg (85.09%), Vitamin K: 70.17µg (66.83%), Folate: 256.73µg (64.18%), Fiber: 13.52g (54.1%), Vitamin C: 39.1mg (47.4%), Vitamin A: 1673.33IU (33.47%), Phosphorus: 290.93mg (29.09%), Copper: 0.56mg (27.97%), Iron: 5.02mg (27.91%), Vitamin B6: 0.49mg

(24.27%), Magnesium: 85.86mg (21.46%), Potassium: 746.63mg (21.33%), Vitamin B1: 0.26mg (17.54%), Calcium: 164.79mg (16.48%), Zinc: 2.33mg (15.51%), Selenium: 9.97µg (14.25%), Vitamin B2: 0.22mg (13.08%), Vitamin B3: 2.04mg (10.21%), Vitamin B5: 0.83mg (8.33%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.69mg (4.59%)