



Chorizo and Lentil Stew

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound bulk chorizo sausage
- 5 ribs celery sliced
- 1 teaspoon curry powder
- 1 cup lentils dried
- 2 cloves garlic sliced
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric dried
- 1 tablespoon olive oil

5 servings salt and pepper to taste

3 cups water

Equipment

sauce pan

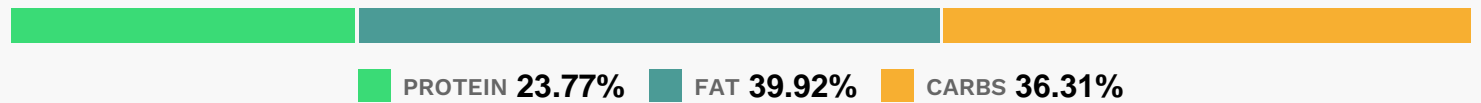
Directions

Heat olive oil in a large saucepan over medium-high heat. Stir in garlic, and cook until it turns golden brown, about 45 seconds.

Add the chorizo sausage; cook and stir until the sausage is crumbly and beginning to brown, about 4 minutes. Stir in celery, and cook until the celery softens, about 4 minutes more.

Pour off any excess grease from the sausage, then add the lentils and water. Season with turmeric, curry powder, and cumin. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the lentils are tender, about 40 minutes. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:20.32, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:15.182608645895%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg, Galliccatechin: 0.05mg

Nutrients (% of daily need)

Calories: 281.62kcal (14.08%), Fat: 12.38g (19.04%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 12.69g (4.61%), Sugar: 1.36g (1.51%), Cholesterol: 48mg (16%), Sodium: 237.16mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.17%), Fiber: 12.64g (50.55%), Folate: 199.18µg (49.8%), Manganese: 0.63mg (31.72%), Iron: 4.3mg (23.91%), Vitamin B1: 0.35mg (23.34%), Vitamin C: 15.83mg

(19.18%), Phosphorus: 189.08mg (18.91%), Vitamin K: 15.82µg (15.07%), Potassium: 499.02mg (14.26%), Magnesium: 56.22mg (14.06%), Vitamin B6: 0.27mg (13.27%), Zinc: 1.97mg (13.13%), Copper: 0.25mg (12.44%), Vitamin A: 546.56IU (10.93%), Vitamin B5: 0.93mg (9.27%), Calcium: 64.17mg (6.42%), Vitamin B2: 0.11mg (6.38%), Vitamin B3: 1.19mg (5.95%), Vitamin E: 0.81mg (5.43%), Selenium: 3.63µg (5.18%)