



Chorizo and White Bean Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 cups baby spinach
- ☐ 30 ounce cannellini beans white rinsed canned (kidney)
- ☐ 4 garlic clove finely chopped
- ☐ 1 pound ground sausage fresh italian
- ☐ 4 servings pepper freshly ground
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil divided plus more for drizzling
- ☐ 1 large onion thinly sliced

☐ 1 sprig thyme leaves

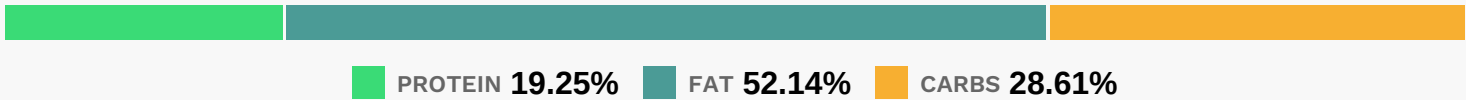
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium heat.
- ☐ Add sausage and cook, turning occasionally, until browned and cooked through, 15–20 minutes.
- ☐ Transfer sausage to a plate.
- ☐ Reduce heat to medium.
- ☐ Heat remaining 1 tablespoon oil in same skillet.
- ☐ Add onion, garlic, and thyme sprig. Cook, stirring occasionally, until onion is softened, 5–8 minutes.
- ☐ Add beans and broth and cook, crushing a few beans with the back of a spoon to thicken sauce, until slightly thickened, 8–10 minutes. Season with salt and pepper.
- ☐ Add spinach by handfuls and cook just until wilted, about 2 minutes.
- ☐ Slice chorizo and fold into stew; add water to thin, if desired. Divide stew among bowls; drizzle with oil and sprinkle with paprika, if desired.
- ☐ Per serving: 570 calories, 33 g fat, 11 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:12.44, Inflammation Score:-10, Nutrition Score:44.274782719819%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 5.04mg, Kaempferol: 5.04mg, Kaempferol: 5.04mg, Kaempferol: 5.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 10.64mg, Quercetin:

10.64mg, Quercetin: 10.64mg, Quercetin: 10.64mg

Nutrients (% of daily need)

Calories: 752.73kcal (37.64%), Fat: 44.2g (68.01%), Saturated Fat: 14.19g (88.67%), Carbohydrates: 54.57g (18.19%), Net Carbohydrates: 41.96g (15.26%), Sugar: 2.71g (3.01%), Cholesterol: 86.18mg (28.73%), Sodium: 936.41mg (40.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.73g (73.46%), Vitamin K: 372.99µg (355.23%), Vitamin A: 7046.19IU (140.92%), Manganese: 1.95mg (97.46%), Folate: 300.12µg (75.03%), Vitamin B1: 0.93mg (62.01%), Iron: 10.2mg (56.66%), Potassium: 1841.88mg (52.63%), Fiber: 12.62g (50.47%), Magnesium: 189.81mg (47.45%), Selenium: 32.89µg (46.99%), Phosphorus: 442.55mg (44.25%), Copper: 0.77mg (38.4%), Vitamin B6: 0.74mg (37.05%), Zinc: 5.03mg (33.54%), Vitamin C: 27.45mg (33.28%), Vitamin B3: 6.16mg (30.78%), Vitamin E: 4.22mg (28.14%), Vitamin B2: 0.46mg (27.12%), Calcium: 270.18mg (27.02%), Vitamin B12: 1.15µg (19.17%), Vitamin B5: 1.09mg (10.87%)