



HEALTH SCORE

66%

Chorizo & chickpea stew



Dairy Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



878 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chorizo sausage cut thick cut into slices
- ☐ 1 onion red sliced
- ☐ 2 garlic clove sliced
- ☐ 1 tsp paprika smoked
- ☐ 1 tsp cumin seeds
- ☐ 400 g cherry tomatoes canned
- ☐ 1 juice of lemon
- ☐ 400 g chickpeas drained canned

- ☐ 1 handful parsley chopped
- ☐ 2 servings sourdough bread toasted

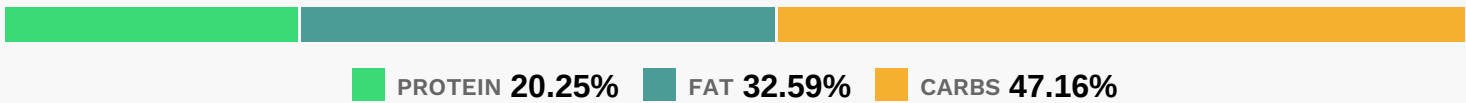
Equipment

- ☐ frying pan

Directions

- ☐ In a frying pan, fry the chorizo, onion and garlic for 5 mins or until the chorizo is browning on the outside.
- ☐ Drain the excess oil, then stir in the spices.
- ☐ Pour in the tomatoes, lemon juice, chickpeas and seasoning. Bubble for 5 mins more to thicken slightly, then sprinkle over the parsley.
- ☐ Serve with toasted sourdough.

Nutrition Facts



Properties

Glycemic Index:107.63, Glycemic Load:37.29, Inflammation Score:-10, Nutrition Score:42.605652145717%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg

Nutrients (% of daily need)

Calories: 878.48kcal (43.92%), Fat: 32.06g (49.33%), Saturated Fat: 16.13g (100.82%), Carbohydrates: 104.37g (34.79%), Net Carbohydrates: 84.8g (30.83%), Sugar: 20.42g (22.69%), Cholesterol: 132.63mg (44.21%), Sodium: 429.58mg (18.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.82g (89.64%), Manganese: 2.78mg (139.12%), Folate: 465.89µg (116.47%), Vitamin C: 95.86mg (116.2%), Fiber: 19.58g (78.3%), Iron: 12.9mg (71.68%), Vitamin B1: 0.8mg (53.66%), Vitamin A: 2655.98IU (53.12%), Copper: 1mg (50.17%), Phosphorus: 490.48mg

(49.05%), Vitamin K: 47.98µg (45.69%), Selenium: 27.54µg (39.34%), Magnesium: 148.25mg (37.06%), Potassium: 1253.31mg (35.81%), Vitamin B6: 0.64mg (32.12%), Zinc: 4.26mg (28.38%), Vitamin B2: 0.48mg (28.32%), Vitamin B3: 5.47mg (27.37%), Calcium: 224.99mg (22.5%), Vitamin E: 2.33mg (15.54%), Vitamin B5: 1.18mg (11.82%)