



Cream of Potato with Chorizo and Kale Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

Ingredients

- ☐ 1 broccoli stalk peeled chopped
- ☐ 2 cups chicken broth
- ☐ 0.5 cup chorizo sausage chopped
- ☐ 2 cloves garlic chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 cup kale finely chopped
- ☐ 0.3 cup cup heavy whipping cream light

- ☐ 0.5 cup mushrooms sliced
- ☐ 1 onion chopped
- ☐ 3 potatoes peeled chopped
- ☐ 1 tablespoon vegetable oil or as needed
- ☐ 1 cup water

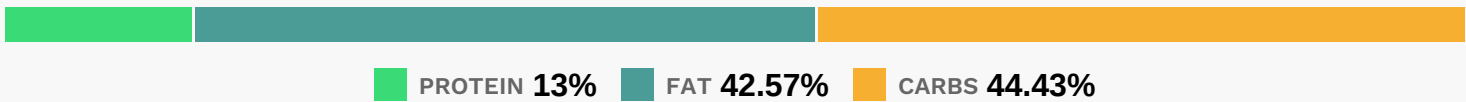
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Bring chicken broth and water to a boil in a saucepan; cook potatoes in the boiling broth mixture until soft, 15 to 20 minutes. Mash or blend potatoes into the broth using a potato masher or fork.
- ☐ Heat vegetable oil in a skillet over medium heat; cook and stir onion, mushrooms, and broccoli stalk until softened, 5 to 10 minutes.
- ☐ Add chorizo to onion mixture and cook over low heat until chorizo is heated through, about 5 minutes; stir in garlic.
- ☐ Stir onion-chorizo mixture into potato mixture; bring to a simmer.
- ☐ Add kale, about 1/4 cup at a time, to mixture, cooking until kale wilts before adding more. Season soup with salt and pepper.
- ☐ Reduce heat to low and stir heavy whipping cream and light cream into soup; cook until heated through, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:23.21, Inflammation Score:-10, Nutrition Score:27.235217379487%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg, Isorhamnetin: 2.62mg Kaempferol: 15.83mg, Kaempferol: 15.83mg, Kaempferol: 15.83mg, Kaempferol: 15.83mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg

Nutrients (% of daily need)

Calories: 371.64kcal (18.58%), Fat: 18.37g (28.26%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 34.81g (12.66%), Sugar: 6.25g (6.94%), Cholesterol: 56.6mg (18.87%), Sodium: 512.78mg (22.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Vitamin C: 180.26mg (218.49%), Vitamin K: 185.98µg (177.13%), Vitamin B6: 0.82mg (40.94%), Vitamin A: 1997.22IU (39.94%), Potassium: 1306.56mg (37.33%), Manganese: 0.73mg (36.58%), Fiber: 8.33g (33.3%), Folate: 133.09µg (33.27%), Vitamin B2: 0.42mg (24.74%), Phosphorus: 237.45mg (23.75%), Vitamin B1: 0.3mg (19.89%), Magnesium: 78.62mg (19.66%), Vitamin B3: 3.47mg (17.33%), Iron: 3.02mg (16.76%), Copper: 0.33mg (16.71%), Vitamin B5: 1.66mg (16.6%), Calcium: 146.35mg (14.63%), Vitamin E: 1.84mg (12.26%), Selenium: 6.79µg (9.7%), Zinc: 1.4mg (9.31%), Vitamin D: 0.35µg (2.34%), Vitamin B12: 0.08µg (1.37%)