



HEALTH SCORE

57%

Dinner Tonight: Caldo Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound cabbage green cored sliced very thinly
- ☐ 1 carrots peeled chopped
- ☐ 1 stick celery chopped
- ☐ 4 pieces chorizo sausage cut dried thick
- ☐ 2 cloves garlic peeled finely chopped
- ☐ 1 tablespoon olive oil plus more for drizzling
- ☐ 1 onion peeled chopped
- ☐ 2 large potatoes peeled cut into cubes

☐ 6 servings salt and pepper freshly ground

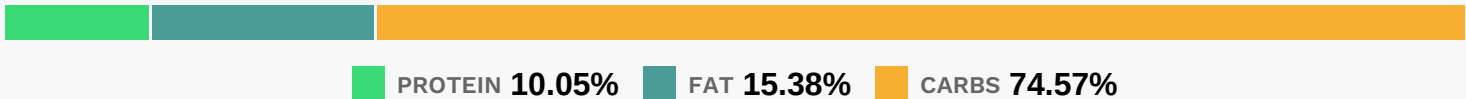
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pot or saucepan, heat the olive oil over medium heat.
- ☐ Add the onion, carrot, and celery, along with a pinch of salt. Cover and cook, stirring occasionally, until the vegetables are soft.
- ☐ Add the potatoes along with 5 cups of water. Bring to a boil, then simmer until the potatoes are tender.
- ☐ Transfer the soup to blender to puree, or use a stick blender or a food mill.
- ☐ Add the cabbage to the soup and simmer until tender. Taste for seasoning.
- ☐ Ladle into bowls, top with sliced chorizo and a drizzle of olive oil, and serve.

Nutrition Facts



Properties

Glycemic Index:43.93, Glycemic Load:17.65, Inflammation Score:-9, Nutrition Score:15.043912846109%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 149.24kcal (7.46%), Fat: 2.67g (4.1%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 23.77g (8.64%), Sugar: 4.74g (5.26%), Cholesterol: 0.47mg (0.16%), Sodium: 228.08mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin C: 54.5mg (66.06%), Vitamin K: 64.58µg (61.51%), Vitamin A: 1808.74IU (36.17%), Vitamin B6: 0.51mg (25.5%), Fiber: 5.32g (21.28%), Potassium: 727.05mg (20.77%), Manganese: 0.37mg (18.57%), Folate: 60.03µg (15.01%), Vitamin B1: 0.16mg (10.87%), Magnesium: 41.4mg (10.35%), Phosphorus: 101.77mg (10.18%), Copper: 0.16mg (8.22%), Vitamin B3: 1.62mg (8.11%), Iron: 1.44mg (7.98%), Vitamin B5: 0.6mg (5.97%), Calcium: 57.33mg (5.73%), Vitamin B2: 0.09mg (5.02%), Zinc: 0.57mg (3.79%), Vitamin E: 0.55mg (3.68%), Selenium: 0.87µg (1.24%)