

 **52%**  
HEALTH SCORE

## Easy Chourico Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 5 ounces baby spinach
- 15 ounce garbanzo beans with liquid canned
- 14.5 ounce canned tomatoes diced canned
- 6 servings salt and ground pepper black
- 1 onion diced red
- 1 sweet potatoes and into diced peeled
- 1 teaspoon thyme leaves dried
- 4 cups vegetable broth

5 ounces portuguese chourico diced

5 ounces portuguese chourico diced

## Equipment

pot

## Directions

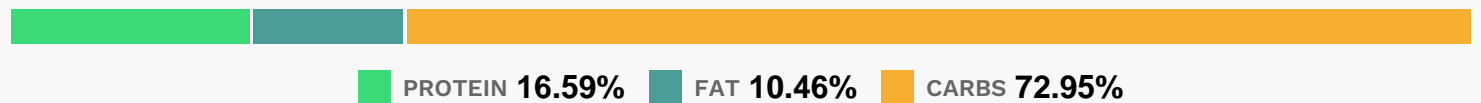
Cook the chourico in a soup pot over medium-high heat until it releases some oil.

Add the chopped onion; stir and cook until the onions are soft, about 5 minutes.

Mix in the garbanzo beans, diced tomatoes, sweet potatoes, vegetable broth, and thyme. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the sweet potatoes are soft, about 10 minutes.

Stir the baby spinach into the soup and continue cooking for 5 minutes. Season with salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:52.89, Glycemic Load:9.16, Inflammation Score:-10, Nutrition Score:20.923912970916%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

## Nutrients (% of daily need)

Calories: 137.87kcal (6.89%), Fat: 1.71g (2.63%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 20.4g (7.42%), Sugar: 6.8g (7.55%), Cholesterol: 0mg (0%), Sodium: 954.29mg (41.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin A: 8067.43IU (161.35%), Vitamin K: 118.65µg (113%), Manganese: 1.06mg (52.82%), Vitamin B6: 0.59mg (29.31%), Fiber: 6.45g (25.81%), Folate: 80.25µg (20.06%), Vitamin C: 15.81mg (19.16%), Potassium: 591.68mg (16.91%), Copper: 0.33mg (16.59%), Magnesium: 63.46mg (15.86%), Iron: 2.74mg (15.22%), Phosphorus: 113.73mg (11.37%), Vitamin E: 1.44mg (9.59%), Calcium: 88.8mg

(8.88%), Vitamin B1: 0.13mg (8.7%), Vitamin B5: 0.74mg (7.44%), Vitamin B2: 0.12mg (7.09%), Vitamin B3: 1.34mg (6.69%), Zinc: 0.95mg (6.34%), Selenium: 2.39µg (3.41%)