



 **61%**
HEALTH SCORE

Farro Soup with Chorizo

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce chickpeas rinsed canned
- 2 carrots chopped
- 0.5 cup farro
- 4 servings kosher salt and pepper
- 4 cups chicken broth low-sodium
- 1 tablespoon olive oil
- 1 onion chopped
- 8 ounces chorizo spanish sliced (cured sausage)

- 1 bunch swiss chard roughly chopped
- 1 tablespoon tomato paste

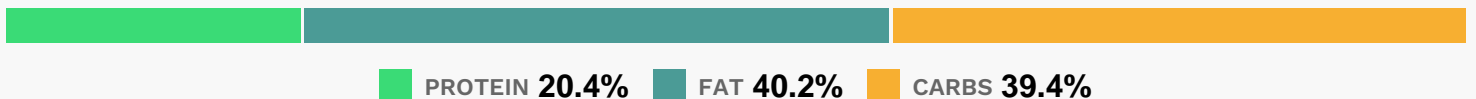
Equipment

- pot
- dutch oven

Directions

- Heat the oil in a Dutch oven over medium-high heat.
- Add the chorizo and cook, stirring occasionally, until browned, 2 to 3 minutes.
- Transfer to a plate.
- Add the carrots, onion, 1/4 teaspoon salt, and 1/4 teaspoon pepper to the pot. Cook, stirring, until the vegetables begin to soften, 4 to 5 minutes.
- Add the tomato paste and cook, stirring, until it is slightly darkened, 1 to 2 minutes.
- Add the broth, farro, and 2 cups water and bring to a boil. Reduce heat to medium and simmer until the farro is tender, 20 to 25 minutes. Stir in the chickpeas, chard, chorizo, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Simmer until the chard is tender, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:54.79, Glycemic Load:6.21, Inflammation Score:-10, Nutrition Score:28.809130347293%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg, Kaempferol: 4.6mg Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg, Myricetin: 2.35mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 453.28kcal (22.66%), Fat: 20.71g (31.86%), Saturated Fat: 6.29g (39.34%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 34.39g (12.51%), Sugar: 4.43g (4.92%), Cholesterol: 35.44mg (11.81%), Sodium: 776.52mg (33.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Vitamin K: 629.75µg (599.76%), Vitamin A: 9967.82IU (199.36%), Manganese: 1.57mg (78.31%), Fiber: 11.26g (45.05%), Vitamin B6: 0.75mg (37.47%), Vitamin C: 27.32mg (33.11%), Magnesium: 119.66mg (29.91%), Iron: 5.16mg (28.68%), Copper: 0.56mg (28.07%), Phosphorus: 267.57mg (26.76%), Vitamin B3: 5.28mg (26.39%), Potassium: 888.68mg (25.39%), Selenium: 12.61µg (18.01%), Vitamin E: 2.31mg (15.37%), Folate: 54.33µg (13.58%), Zinc: 1.92mg (12.78%), Vitamin B2: 0.21mg (12.59%), Calcium: 110.13mg (11.01%), Vitamin B1: 0.15mg (9.8%), Vitamin B5: 0.64mg (6.4%), Vitamin B12: 0.24µg (3.93%)