



Cuban Smoked Sausage with Chickpeas

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 teaspoons adobo seasoning
- 31 ounce garbanzo beans undrained canned (garbanzo beans)
- 4 ounce tomato sauce canned
- 0.5 teaspoon garlic powder
- 0.5 teaspoon pepper black
- 1 medium onion diced
- 2 teaspoons oregano dried
- 2 teaspoons pepper red

- 3 tablespoons cooking sherry
- 1 pound andouille smoked
- 2 teaspoons vegetable oil

Equipment

- pot

Directions

- Slice sausage lengthwise, then cut into 1/4-inch slices.
- Heat oil in a large pot over medium-high heat. Brown sausage about 5 minutes. Stir in onion; cook 5 minutes. Stir in chickpeas and juices, tomato sauce, and sherry. Season with oregano, red pepper flakes, black pepper, garlic powder, and adobo seasoning. Simmer, stirring occasionally, at least 10 minutes (1 hour or more is preferable).

Nutrition Facts

PROTEIN 17.39% **FAT 56.01%** **CARBS 26.6%**

Properties

Glycemic Index:29.06, Glycemic Load:6.19, Inflammation Score:-8, Nutrition Score:16.844347663548%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 397.58kcal (19.88%), Fat: 24.65g (37.93%), Saturated Fat: 7.54g (47.11%), Carbohydrates: 26.34g (8.78%), Net Carbohydrates: 18.58g (6.76%), Sugar: 1.64g (1.82%), Cholesterol: 53.68mg (17.89%), Sodium: 1151.15mg (50.05%), Alcohol: 0.77g (100%), Protein: 17.22g (34.44%), Manganese: 1.36mg (68.09%), Vitamin B6: 0.92mg (45.8%), Fiber: 7.76g (31.02%), Phosphorus: 220.33mg (22.03%), Selenium: 13.64µg (19.48%), Vitamin B12: 1.14µg (19.03%), Zinc: 2.79mg (18.59%), Iron: 3.27mg (18.19%), Vitamin B1: 0.27mg (17.83%), Copper: 0.32mg (16.05%), Vitamin B3: 2.97mg (14.85%), Magnesium: 58.46mg (14.62%), Potassium: 486.52mg (13.9%), Folate: 47.52µg

(11.88%), Vitamin B2: 0.18mg (10.67%), Vitamin B5: 0.88mg (8.82%), Vitamin K: 8.52µg (8.11%), Calcium: 79.06mg (7.91%), Vitamin A: 314.09IU (6.28%), Vitamin D: 0.83µg (5.54%), Vitamin E: 0.79mg (5.25%), Vitamin C: 2.87mg (3.48%)