






 **72%**  
HEALTH SCORE

# Galician Pork and Vegetable Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN  
  
**45 min.**

SERVINGS  
  
**8**

CALORIES  
  
**2385 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 1.5 pound baby back ribs cut into 3-rib sections
- 1.5 cups chickpeas dried (chickpeas;)
- 1 pound ham smoked
- 1 pounds ham cut into 3 x 2 x 3/4-inch pieces
- 16 cups crossing over quintessential american desserts (2 large bunches)
- 5 large leek white green halved lengthwise ( and pale parts only)
- 3 pounds potatoes - remove skin white peeled halved
- 1 pound skirt steak

- 1 pound chorizo smoked spanish fully cooked cut into 1/2-inch-thick rounds
- 16 cups water

## Equipment

- bowl
- slotted spoon

## Directions

- Place garbanzos in large bowl.
- Add water to cover by 2 inches.
- Let soak overnight.
- Drain.
- Place pork ribs, ham, ham shank, chorizo, steak, and pancetta in heavy large pot.
- Add 16 cups water. Bring to boil.
- Add garbanzos and leeks. Reduce heat to medium-low, cover partially, and simmer until garbanzos are tender, adjusting heat as needed to maintain active simmer, about 1 hour.
- Add potatoes and kale; simmer until potatoes are tender, 40 to 50 minutes.
- Using slotted spoon, divide meats, vegetables, and broth among 8 large bowls.
- \* Available at specialty foods stores and Italian markets.
- \*\* A pork link sausage flavored with garlic and spices but milder than Mexican chorizo; available at specialty foods stores and Spanish markets and from [latienda.com](http://latienda.com).
- The rich stew needs a big red wine. José recommends a Ribera del Duero from northern Spain, like the Bodegas Alejandro Fernández 2006 "Pesquera" Tinto (\$34). The Zarus 2004 Barrica (\$1
- would also be a good choice.
- Bon Appétit

## Nutrition Facts



■ PROTEIN 23.66% ■ FAT 66.03% ■ CARBS 10.31%

## Properties

Glycemic Index:10.06, Glycemic Load:5.53, Inflammation Score:-9, Nutrition Score:61.471304437389%

## Flavonoids

Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 2385.27kcal (119.26%), Fat: 174.81g (268.93%), Saturated Fat: 73.95g (462.21%), Carbohydrates: 61.44g (20.48%), Net Carbohydrates: 51.02g (18.55%), Sugar: 8.43g (9.37%), Cholesterol: 525.38mg (175.13%), Sodium: 1771.13mg (77.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 140.93g (281.86%), Zinc: 27.53mg (183.55%), Selenium: 127.19µg (181.7%), Vitamin B12: 9.2µg (153.41%), Vitamin B6: 3.05mg (152.44%), Vitamin B3: 30.15mg (150.73%), Phosphorus: 1251.56mg (125.16%), Vitamin B2: 1.61mg (94.87%), Iron: 16.19mg (89.96%), Vitamin B1: 1.32mg (88.3%), Potassium: 2845.73mg (81.31%), Folate: 292.69µg (73.17%), Manganese: 1.39mg (69.66%), Copper: 1.25mg (62.54%), Magnesium: 230.69mg (57.67%), Fiber: 10.42g (41.67%), Vitamin K: 42.4µg (40.38%), Vitamin C: 22.8mg (27.64%), Vitamin A: 1273.02IU (25.46%), Vitamin B5: 2.17mg (21.74%), Calcium: 180.37mg (18.04%), Vitamin D: 1.99µg (13.26%), Vitamin E: 1.23mg (8.17%)