



Garbanzo and Greens Stew

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 31 ounce chickpeas rinsed drained canned (garbanzo beans)
- 14.5 ounce canned tomatoes crushed undrained canned (such as Muir Glen)
- 8 ounces chorizo sausage spanish chopped
- 8 6-inch corn tortillas ()
- 28 ounce less-sodium chicken broth fat-free canned
- 3 garlic cloves minced
- 0.3 teaspoon ground cinnamon
- 0.8 teaspoon ground cumin

- 4 guajillo chiles dried stemmed seeded
- 2.5 cups onion chopped
- 4 ounces queso fresco crumbled
- 0.8 pound swiss chard coarsely chopped
- 2 cups water boiling

Equipment

- food processor
- bowl
- frying pan
- blender
- spatula
- dutch oven

Directions

- Heat a cast-iron skillet over high heat.
- Place chiles in pan; flatten with a spatula. Cook 5 seconds on each side or until blackened.
- Combine toasted chiles and 2 cups boiling water in a bowl; let stand 20 minutes or until soft.
- Place the chile mixture in a blender or food processor; process until smooth.
- Heat a Dutch oven over medium-high heat.
- Add chopped onion, chopped chorizo, and minced garlic; cook 5 minutes or until browned, stirring frequently.
- Add the pureed chile mixture, Swiss chard, and next 5 ingredients (through tomatoes); bring to a boil. Reduce heat, and simmer 30 minutes. Warm tortillas according to package directions.
- Serve soup with tortillas; sprinkle with queso fresco.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:11.54, Inflammation Score:-10, Nutrition Score:25.627391493839%

Flavonoids

Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg, Myricetin: 1.35mg Quercetin: 11.11mg, Quercetin: 11.11mg, Quercetin: 11.11mg, Quercetin: 11.11mg

Nutrients (% of daily need)

Calories: 298.14kcal (14.91%), Fat: 10.57g (16.26%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 29.15g (10.6%), Sugar: 6.29g (6.99%), Cholesterol: 29.78mg (9.93%), Sodium: 995.12mg (43.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.02%), Vitamin K: 357.96µg (340.91%), Vitamin A: 3452.57IU (69.05%), Manganese: 1.36mg (68.04%), Vitamin B6: 0.81mg (40.47%), Fiber: 9.56g (38.23%), Vitamin C: 27.35mg (33.16%), Phosphorus: 290.99mg (29.1%), Magnesium: 105.63mg (26.41%), Copper: 0.44mg (22%), Iron: 3.94mg (21.89%), Calcium: 207.05mg (20.71%), Potassium: 680.18mg (19.43%), Selenium: 9.88µg (14.11%), Folate: 53.83µg (13.46%), Zinc: 1.91mg (12.72%), Vitamin E: 1.64mg (10.97%), Vitamin B2: 0.18mg (10.6%), Vitamin B3: 2.12mg (10.58%), Vitamin B1: 0.16mg (10.39%), Vitamin B5: 0.83mg (8.28%), Vitamin B12: 0.44µg (7.28%), Vitamin D: 0.38µg (2.55%)