



Kale and Chickpea Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 14 oz chickpeas rinsed drained canned
- ☐ 2 garlic cloves chopped
- ☐ 4 cups kale very finely chopped
- ☐ 28 fl. oz. chicken broth reduced-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 0.8 lb potatoes boiling peeled cut into 1/2-inch pieces

- ☐ 1 teaspoon salt
- ☐ 0.3 lb chorizo spanish cut into 1/4-inch dice (1 cup) (cured spiced pork sausage)
- ☐ 1 turkish or
- ☐ 2 cups water

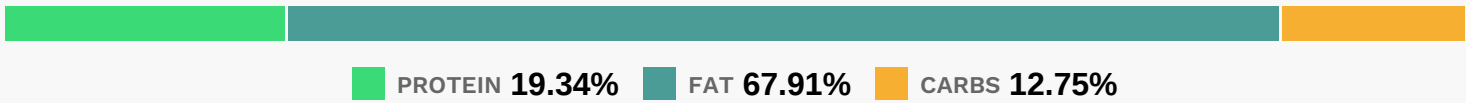
Equipment

- ☐ pot

Directions

- ☐ Cook onion, garlic, bay leaf, salt, and pepper in oil in a wide 4- to 6-quart heavy pot over moderate heat, stirring frequently, until onion and garlic are softened and beginning to brown, 5 to 7 minutes.
- ☐ Add potato, kale, broth, and water and cook, partially covered, until potatoes are tender, 15 to 20 minutes. Reduce heat to low, then add chickpeas and chorizo and gently simmer, uncovered, 3 minutes. Discard bay leaf and season with salt and pepper.
- ☐ Per serving: Calories 283, Total fat 13g, Saturated Fat 4g, Cholesterol 16mg, Sodium 433mg, Carbohydrate 31g, Fiber 5g, Protein 13g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:3.07, Inflammation Score:-4, Nutrition Score:20.663478312285%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 738.57kcal (36.93%), Fat: 56.11g (86.32%), Saturated Fat: 22.69g (141.8%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 19.32g (7.03%), Sugar: 2.05g (2.28%), Cholesterol: 130.11mg (43.37%), Sodium: 712.15mg (30.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.96g (71.92%), Vitamin B6: 1.05mg (52.42%), Zinc: 6.92mg (46.14%), Vitamin B3: 8.67mg (43.36%), Vitamin B12: 2.58µg (43.05%), Selenium: 28.86µg (41.22%), Manganese: 0.68mg (33.99%), Phosphorus: 327.52mg (32.75%), Iron: 4.57mg (25.37%), Potassium: 859.46mg (24.56%), Vitamin B2: 0.41mg (24.03%), Copper: 0.37mg (18.46%), Fiber: 4.36g (17.45%), Magnesium: 62.33mg (15.58%), Vitamin B1: 0.2mg (13.31%), Folate: 36.61µg (9.15%), Vitamin C: 7.24mg (8.77%), Vitamin K: 7.01µg (6.68%), Calcium: 61.03mg (6.1%), Vitamin E: 0.68mg (4.56%), Vitamin B5: 0.4mg (3.95%), Vitamin A: 113.24IU (2.26%), Vitamin D: 0.32µg (2.1%)