





 7%
HEALTH SCORE

Kale & chickpea stew with cumin, smoked paprika and lime

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 kale salted boiling soft cooked for 5 or 10 minutes, till but still bright green.
- 1 cup garbanzo beans canned rinsed drained (I used , so and)
- 2 medium sweet potatoes and into peeled cut into 1/3 inch dice
- 6 servings olive oil
- 1 shallots diced finely
- 1 large clove garlic minced
- 1 t basil

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- 0.5 t pepper red to taste (or)
- 0.5 cup beer
- 2 T golden raisins soft chopped
- 1 t paprika smoked
- 1 t cumin
- 1 Tbsp butter
- 1 juice of lime
- 6 servings salt and pepper

Equipment

- frying pan

Directions

- Warm a few tablespoons of olive oil in a large frying pan over medium heat.
- Add the shallots, garlic, red pepper and basil and cook till the shallots and garlic start to brown.
- Add the sweet potatoes and cook till they start to brown and soften.
- Add the beer. Cook till its thick and syrupy.
- Add the chickpeas, paprika, cumin, raisins and about 2 cups of water. Bring to a boil and reduce heat and simmer till the sweet potato is nice and soft. You might need to add a cup or two more water as you go along, to keep it a consistency that you like.
- Chop the kale into small pieces and add to the stew. Cook until everything is mixed and hot through.
- Add the butter and lime juice and season with salt and pepper.

Nutrition Facts



PROTEIN 4.76% FAT 56.91% CARBS 38.33%

Properties

Glycemic Index:82.92, Glycemic Load:11.14, Inflammation Score:-10, Nutrition Score:12.037826086957%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg, Gallicocatechin: 0.02mg

Taste

Sweetness: 35.77%, Saltiness: 5.01%, Sourness: 20.31%, Bitterness: 100%, Savoriness: 2.13%, Fattiness: 88.23%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 261.25kcal (13.06%), Fat: 16.68g (25.66%), Saturated Fat: 3.25g (20.28%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 21.19g (7.71%), Sugar: 6.59g (7.32%), Cholesterol: 5.09mg (1.7%), Sodium: 332.81mg (14.47%), Alcohol: 0.77g (4.26%), Protein: 3.14g (6.28%), Vitamin A: 11098.07IU (221.96%), Manganese: 0.49mg (24.49%), Vitamin B6: 0.35mg (17.45%), Vitamin E: 2.47mg (16.46%), Fiber: 4.08g (16.34%), Vitamin K: 17µg (16.19%), Potassium: 380.33mg (10.87%), Copper: 0.19mg (9.57%), Magnesium: 33.39mg (8.35%), Iron: 1.39mg (7.72%), Phosphorus: 74.4mg (7.44%), Vitamin B5: 0.74mg (7.35%), Vitamin C: 4.99mg (6.05%), Vitamin B1: 0.08mg (5.24%), Folate: 19.72µg (4.93%), Calcium: 47.5mg (4.75%), Vitamin B2: 0.08mg (4.58%), Vitamin B3: 0.72mg (3.59%), Zinc: 0.51mg (3.39%), Selenium: 1.38µg (1.98%)