



Kale & chorizo broth



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 2 onions finely chopped
- ☐ 4 garlic cloves crushed
- ☐ 2 cooking chorizo sausages sliced
- ☐ 4 large potatoes
- ☐ 1.5 l chicken stock see
- ☐ 200 g curly kale shredded finely

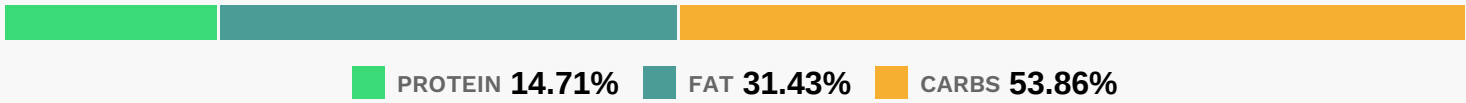
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat 2 tbsp of the oil in a large saucepan.
- ☐ Add the onions, garlic and chorizo, then cook for 5 mins until soft. Throw in the potatoes and cook for a few mins more.
- ☐ Pour in the stock, season and bring to the boil. Cook everything for 10 mins until the potatoes are on the brink of collapse.
- ☐ Use a masher to squash the potatoes into the soup, then bring back to the boil.
- ☐ Add the kale and cook for 5 mins until tender. Ladle the soup into bowls, then serve drizzled with the remaining olive oil.

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:32.44, Inflammation Score:-10, Nutrition Score:28.888695675394%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 17.81mg, Kaempferol: 17.81mg, Kaempferol: 17.81mg, Kaempferol: 17.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.73mg, Quercetin: 16.73mg, Quercetin: 16.73mg, Quercetin: 16.73mg

Nutrients (% of daily need)

Calories: 422.44kcal (21.12%), Fat: 14.91g (22.94%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 50.04g (18.2%), Sugar: 7.77g (8.63%), Cholesterol: 29.71mg (9.9%), Sodium: 397.34mg (17.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.41%), Vitamin K: 139.58µg (132.93%), Vitamin C: 89.12mg (108.03%), Vitamin A: 3501.33IU (70.03%), Vitamin B6: 1mg (49.91%), Potassium: 1479.57mg (42.27%), Vitamin B3: 7.05mg (35.25%), Manganese: 0.68mg (33.84%), Fiber: 7.44g (29.78%), Vitamin B2: 0.42mg (24.83%), Phosphorus: 240.72mg (24.07%), Vitamin B1: 0.34mg (22.94%), Copper: 0.44mg (22.03%), Magnesium: 81.89mg (20.47%), Folate: 79.73µg (19.93%), Iron: 3.48mg (19.31%), Calcium: 140.24mg (14.02%), Selenium: 7.08µg (10.12%),

Vitamin E: 1.34mg (8.92%), Zinc: 1.28mg (8.56%), Vitamin B5: 0.82mg (8.16%)