



## Paleo Chorizo Sweet Potato and Kale Stew

 Gluten Free  Dairy Free  Popular

READY IN



85 min.

SERVINGS



8

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon pepper black freshly ground
- 3 carrots diced
- 3 stalks celery diced
- 8 cups chicken broth
- 5 garlic cloves minced
- 2 teaspoons ground cumin
- 0.5 teaspoon ground turmeric
- 1 juice of lemon juiced

- 2 teaspoons kosher salt
- 4 cups lacinato kale – washed stemmed (dinosaur)
- 2 tablespoons olive oil
- 1 large onion diced
- 1 tablespoon paprika
- 1 pinch saffron threads
- 8 servings salt and pepper to taste
- 8 ounces chorizo spanish cut into 1/2 inch pieces
- 2 sweet potatoes peeled cut into 1-inch pieces

## Equipment

- pot

## Directions

- Cook and stir onion in olive oil in a soup pot over medium–high heat for 5 minutes.
- Add chorizo and continue cooking, stirring frequently, for another 3 minutes.
- Add celery and carrots; continue stirring and cooking until vegetables have softened slightly, about 3 minutes.
- Add cumin, paprika, turmeric, kosher salt, ground black pepper, saffron threads, and garlic. Cook and stir until garlic is fragrant and slightly soft, 3 more minutes.
- Add sweet potatoes and chicken broth. Bring to a boil, reduce heat to medium–low, and cook until sweet potatoes are tender, about 20 minutes.
- Add kale and cook until vegetables are soft and the kale is wilted and cooked through, about 10 more minutes.
- Stir in lemon juice; adjust salt and ground black pepper to taste.
- Garnish with harissa and parsley.

## Nutrition Facts



## Properties

Glycemic Index:47.6, Glycemic Load:7.04, Inflammation Score:-10, Nutrition Score:14.750434875488%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg, Isorhamnetin: 3.42mg Kaempferol: 5.15mg, Kaempferol: 5.15mg, Kaempferol: 5.15mg, Kaempferol: 5.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

## Nutrients (% of daily need)

Calories: 206.33kcal (10.32%), Fat: 11.12g (17.11%), Saturated Fat: 3.13g (19.58%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 15.25g (5.55%), Sugar: 5.76g (6.4%), Cholesterol: 22.42mg (7.47%), Sodium: 1714.43mg (74.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Vitamin A: 13498.89IU (269.98%), Vitamin K: 52.75µg (50.24%), Manganese: 0.5mg (25.16%), Vitamin C: 16.49mg (19.98%), Fiber: 3.82g (15.29%), Vitamin B2: 0.25mg (14.84%), Potassium: 455.87mg (13.02%), Vitamin B6: 0.25mg (12.38%), Iron: 2.02mg (11.2%), Vitamin B1: 0.14mg (9.55%), Vitamin E: 1.29mg (8.63%), Copper: 0.17mg (8.52%), Calcium: 83.02mg (8.3%), Magnesium: 31mg (7.75%), Vitamin B3: 1.38mg (6.92%), Folate: 27.42µg (6.85%), Phosphorus: 67.93mg (6.79%), Vitamin B5: 0.65mg (6.47%), Zinc: 0.58mg (3.85%), Selenium: 1.92µg (2.74%)