



Portuguese Bean Soup I

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



213 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce kidney beans drained canned
- ☐ 2 carrots chopped
- ☐ 1.5 tablespoons cayenne pepper
- ☐ 5 stalks celery chopped
- ☐ 3 quarts chicken broth
- ☐ 0.5 pound chorizo sausage chopped
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion chopped

- ☐ 3 small potatoes peeled chopped
- ☐ 10 servings salt and pepper to taste
- ☐ 0.5 cup tomato paste
- ☐ 5 tomatoes chopped

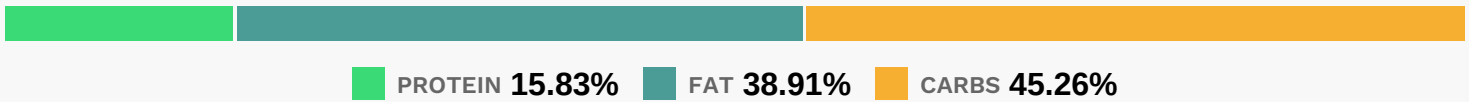
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ In a stockpot over medium-high heat, heat oil and saute carrots, onion and celery.
- ☐ Add tomatoes, potatoes, kidney beans and chicken broth. Bring to a boil and stir in cayenne pepper and tomato paste. Reduce heat and simmer for 20 minutes.
- ☐ Add sausage and season with salt and pepper to taste.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:35.66, Glycemic Load:11.01, Inflammation Score:-9, Nutrition Score:14.996521739856%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 213.45kcal (10.67%), Fat: 9.56g (14.71%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 19.23g (6.99%), Sugar: 7.22g (8.02%), Cholesterol: 21.68mg (7.23%), Sodium: 1491.19mg (64.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.75g (17.5%), Vitamin A: 3273.38IU (65.47%), Vitamin C: 28.89mg (35.02%), Manganese: 0.52mg (25.81%), Fiber: 5.79g (23.15%), Potassium: 784.56mg (22.42%), Vitamin K: 20.45µg (19.48%), Vitamin B6: 0.33mg (16.56%), Vitamin B2: 0.27mg (16.1%), Vitamin E: 2.16mg (14.41%), Copper: 0.27mg (13.3%), Vitamin B1: 0.2mg (13.21%), Phosphorus: 127.04mg (12.7%), Vitamin B3: 2.41mg (12.03%), Iron: 2.13mg (11.85%), Magnesium: 46mg (11.5%), Folate: 43.37µg (10.84%), Calcium: 62.24mg (6.22%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.41mg (4.07%), Selenium: 2.69µg (3.84%)