



## Portuguese Chourico and Peppers

 Gluten Free  Dairy Free

READY IN



615 min.

SERVINGS



8

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 pounds chorizo sausage crumbled
- 2 tablespoons garlic crushed
- 2 bell peppers green seeded chopped
- 1 cup red wine
- 2 onion sweet peeled chopped
- 6 ounce tomato paste canned
- 1 cup water

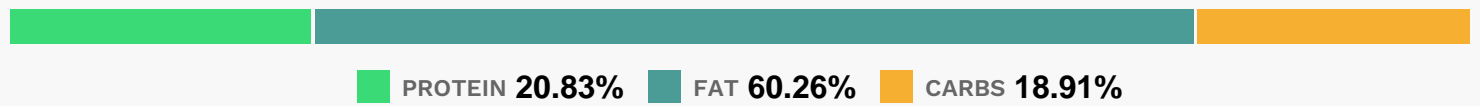
### Equipment

- pot
- slow cooker

## Directions

- In a slow cooker, combine the sausage, green pepper, onion, tomato paste, wine, water, and crushed garlic. Stir so that everything is evenly distributed. Cover, and set on Low. Cook for 8 hours. Uncover the pot, and cook an additional 2 hours to allow some of the liquid to evaporate.
- Serve over rice, or with Portuguese rolls.

## Nutrition Facts



## Properties

Glycemic Index:11.63, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:7.5482608494551%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 250.57kcal (12.53%), Fat: 15.04g (23.14%), Saturated Fat: 9.17g (57.3%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 8.93g (3.25%), Sugar: 6.01g (6.68%), Cholesterol: 80mg (26.67%), Sodium: 39.73mg (1.73%), Alcohol: 3.18g (100%), Alcohol %: 1.31% (100%), Protein: 11.7g (23.4%), Vitamin C: 51.04mg (61.87%), Vitamin A: 728.82IU (14.58%), Vitamin B6: 0.25mg (12.4%), Iron: 2mg (11.12%), Manganese: 0.21mg (10.56%), Potassium:

258.95mg (7.4%), Fiber: 1.7g (6.79%), Folate: 25.13µg (6.28%), Copper: 0.12mg (5.94%), Calcium: 56.52mg (5.65%), Vitamin B1: 0.07mg (4.82%), Magnesium: 19.07mg (4.77%), Phosphorus: 45.06mg (4.51%), Vitamin K: 3.73µg (3.55%), Vitamin B3: 0.59mg (2.97%), Vitamin B2: 0.05mg (2.79%), Vitamin E: 0.39mg (2.63%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.27mg (1.81%), Selenium: 0.89µg (1.26%)