



Portuguese Kale-and-Potato Chowder



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potato cubed peeled
- ☐ 2 garlic cloves crushed
- ☐ 8 cups milk 1% low-fat
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 6 ounces turkey kielbasa sliced

☐ 0.8 pound turnip greens thinly sliced

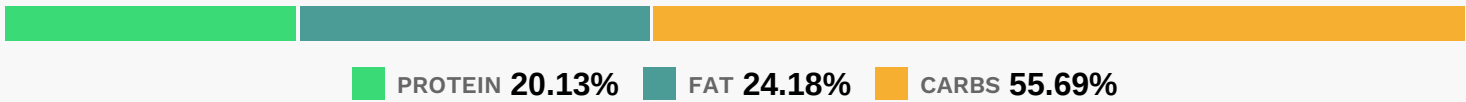
Equipment

- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium-high heat until hot.
- ☐ Add kielbasa; saut 10 minutes or until done.
- ☐ Remove kielbasa from pan.
- ☐ Heat oil in pan over medium-high heat until hot.
- ☐ Add onion and garlic; saut 5 minutes.
- ☐ Add milk, potato, salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until potato is very tender.
- ☐ Remove the potato mixture from heat, and beat at medium speed of a mixer until smooth. Stir in the kielbasa and kale, and cook for 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:21.72, Glycemic Load:17.02, Inflammation Score:-10, Nutrition Score:29.402609037316%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg, Kaempferol: 5.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 286.4kcal (14.32%), Fat: 7.87g (12.1%), Saturated Fat: 2.7g (16.89%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 37.03g (13.47%), Sugar: 15.14g (16.82%), Cholesterol: 23.07mg (7.69%), Sodium: 588.83mg (25.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.46%), Vitamin A: 5422.64IU (108.45%), Vitamin K: 111.51µg (106.2%), Vitamin C: 41.64mg (50.47%), Calcium: 408.23mg (40.82%), Vitamin B6: 0.78mg (39.15%), Phosphorus: 375.44mg (37.54%), Potassium: 1077.77mg (30.79%), Folate: 112.42µg (28.11%), Vitamin B2: 0.46mg (26.99%), Vitamin B12: 1.53µg (25.52%), Manganese: 0.45mg (22.6%), Iron: 3.61mg (20.03%), Vitamin B1: 0.29mg (19.49%), Magnesium: 77.15mg (19.29%), Vitamin D: 2.64µg (17.59%), Selenium: 10.95µg (15.64%), Copper: 0.31mg (15.5%), Fiber: 3.73g (14.92%), Vitamin B5: 1.41mg (14.09%), Zinc: 1.96mg (13.03%), Vitamin B3: 2.53mg (12.64%), Vitamin E: 1.81mg (12.05%)