



Portuguese Kale and Potato Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic clove minced
- ☐ 4 servings sauce
- ☐ 1 pound crossing over quintessential american desserts very thinly sliced
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 1 medium onion chopped
- ☐ 1 pound baking potatoes peeled cut into 1-inch pieces (baking)
- ☐ 6 cups water
- ☐ 0.5 pound frangelico smoked cut into 1/2-inch pieces (Portuguese sausages)

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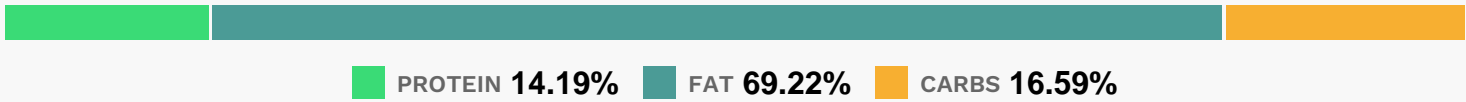
Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat 1 tablespoon oil in a 5-quart heavy pot over medium-high heat until it shimmers, then brown sausage, stirring often, 2 to 3 minutes.
- ☐ Transfer with a slotted spoon to a bowl.
- ☐ Add 2 tablespoon oil to fat in pot and cook onion and garlic with 1/4 teaspoon each of salt and pepper over medium heat, stirring often, until browned, 7 to 8 minutes.
- ☐ Add potatoes, water, and 1 teaspoon salt and simmer, covered, until potatoes are very tender, 15 to 20 minutes. Mash some potatoes into soup to thicken, then add kale and simmer, uncovered, until tender, about 5 minutes. Stir in sausage and cook until just heated through, 1 to 2 minutes.
- ☐ Drizzle with remaining tablespoon oil and season with salt and pepper.
- ☐ Per serving: Calories 459, Total fat 24g, Saturated fat 6g, Cholesterol 39mg, Sodium 1468g, Carbohydrate 49g, Fiber 5g, Protein 15g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:16.82, Inflammation Score:-3, Nutrition Score:15.103043440891%

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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 590.79kcal (29.54%), Fat: 45.85g (70.55%), Saturated Fat: 16.24g (101.51%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 22.75g (8.27%), Sugar: 2.12g (2.35%), Cholesterol: 85.05mg (28.35%), Sodium: 97.14mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.29%), Vitamin B6: 0.86mg (43.01%), Zinc: 4.79mg (31.96%), Vitamin B12: 1.76µg (29.29%), Selenium: 20.2µg (28.85%), Vitamin B3: 5.53mg (27.67%), Potassium: 766.38mg (21.9%), Phosphorus: 208.72mg (20.87%), Vitamin B2: 0.28mg (16.74%), Iron: 2.98mg (16.57%), Vitamin E: 1.96mg (13.08%), Magnesium: 52.03mg (13.01%), Vitamin B1: 0.19mg (12.91%), Copper: 0.26mg (12.84%), Manganese: 0.24mg (11.93%), Vitamin K: 12µg (11.43%), Vitamin C: 8.97mg (10.87%), Fiber: 1.97g (7.89%), Folate: 24.55µg (6.14%), Calcium: 45.9mg (4.59%), Vitamin B5: 0.38mg (3.84%), Vitamin D: 0.23µg (1.51%)