



HEALTH SCORE

72%

Portuguese Kale Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



480 min.

SERVINGS



10

CALORIES



161 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound beef soup bones
- ☐ 1 medium head cabbage chopped
- ☐ 0.5 pound chorizo sausage thinly sliced
- ☐ 0.5 pound pea beans dried white
- ☐ 2 bunches kale dried rinsed chopped
- ☐ 5 potatoes cubed peeled
- ☐ 10 servings salt and pepper to taste
- ☐ 1 quart water

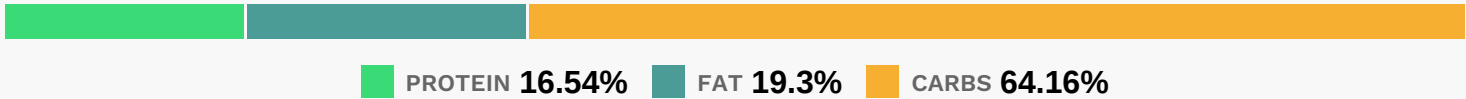
Equipment

☐ pot

Directions

- ☐ Soak beans in twice their volume of water 8 hours or overnight.
- ☐ In a large pot, place drained beans, chorizo, soup bones and 1 quart water (or more as needed to cover). Cook over medium heat until beans are just beginning to be tender, 1 hour.
- ☐ Stir in cabbage, kale, potatoes and enough hot water to cover. Cook until potatoes are tender, 20 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:15.74, Inflammation Score:-9, Nutrition Score:20.32478249073%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 6.14mg, Isorhamnetin: 6.14mg, Isorhamnetin: 6.14mg, Isorhamnetin: 6.14mg Kaempferol: 13.18mg, Kaempferol: 13.18mg, Kaempferol: 13.18mg, Kaempferol: 13.18mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 161.26kcal (8.06%), Fat: 3.59g (5.52%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 21.18g (7.7%), Sugar: 3.94g (4.38%), Cholesterol: 16mg (5.33%), Sodium: 235.26mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Vitamin K: 172.43µg (164.22%), Vitamin C: 85.79mg (103.98%), Vitamin A: 2802.8IU (56.06%), Manganese: 0.48mg (24%), Vitamin B6: 0.47mg (23.25%), Fiber: 5.68g (22.72%), Potassium: 693.24mg (19.81%), Folate: 72.2µg (18.05%), Calcium: 139mg (13.9%), Iron: 2.49mg (13.83%), Vitamin B1: 0.19mg (12.84%), Magnesium: 44.92mg (11.23%), Phosphorus: 111.99mg (11.2%), Vitamin B2: 0.18mg (10.78%), Vitamin B3: 1.85mg (9.23%), Copper: 0.16mg (8.07%), Vitamin B5: 0.53mg (5.31%), Zinc: 0.58mg (3.89%), Vitamin E: 0.32mg (2.12%), Selenium: 0.83µg (1.18%)