



Potato, pepper & chorizo stew with fried eggs



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 large onion sliced
- ☐ 3 pasilla peppers mixed green red yellow cut into chunks (we used a pack of , and)
- ☐ 4 garlic clove thinly sliced
- ☐ 225 g chorizo cubed
- ☐ 650 g potatoes cut into chunks
- ☐ 600 ml chicken stock see
- ☐ 4 eggs

☐

1 handful parsley roughly chopped

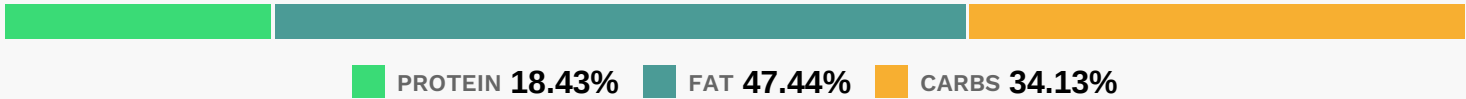
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat half the oil in a pan with a lid and add the onion and peppers. Fry for 10–15 mins until soft, then add the garlic and chorizo and sizzle until the chorizo releases its oils.
- ☐ Add the potatoes and stir for 1 min.
- ☐ Pour over the stock, cover with a lid and simmer for 15 mins, or until the potatoes are tender.
- ☐ Remove the lid and season. Bring to the boil and boil rapidly to reduce until most of the liquid has evaporated.
- ☐ Meanwhile, fry the eggs in the remaining oil. Spoon the stew onto bowls, then place a fried egg on top and serve sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:52.69, Glycemic Load:22.11, Inflammation Score:-8, Nutrition Score:22.59217382514%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg, Luteolin: 4.23mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg, Quercetin: 10.78mg

Nutrients (% of daily need)

Calories: 503.1kcal (25.15%), Fat: 26.42g (40.65%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 42.78g (14.26%), Net Carbohydrates: 36.95g (13.44%), Sugar: 7.61g (8.45%), Cholesterol: 203.4mg (67.8%), Sodium: 295.77mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.2%), Vitamin C: 109.11mg (132.26%), Vitamin B6: 0.93mg (46.5%), Potassium: 1133.19mg (32.38%), Vitamin K: 30.94µg (29.47%), Selenium: 17.96µg (25.65%),

Phosphorus: 254.72mg (25.47%), Vitamin B2: 0.42mg (24.81%), Manganese: 0.47mg (23.5%), Fiber: 5.83g (23.3%),
Vitamin B3: 4.66mg (23.28%), Iron: 3.98mg (22.09%), Copper: 0.37mg (18.67%), Vitamin B1: 0.28mg (18.39%),
Folate: 71.95µg (17.99%), Vitamin A: 861.79IU (17.24%), Magnesium: 62.67mg (15.67%), Vitamin B5: 1.31mg (13.12%),
Vitamin E: 1.88mg (12.53%), Zinc: 1.48mg (9.85%), Calcium: 73.13mg (7.31%), Vitamin B12: 0.39µg (6.53%), Vitamin D:
0.88µg (5.87%)