



Red Russian Kale and Chorizo Soup (Caldo Verde)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large garlic cloves minced
- ☐ 7 cups chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon chile flakes red
- ☐ 0.8 pound baking potatoes peeled chopped

- ☐ 8 ounces chorizo spanish thinly sliced
- ☐ 12 ounces russian red cut into slender ribbons
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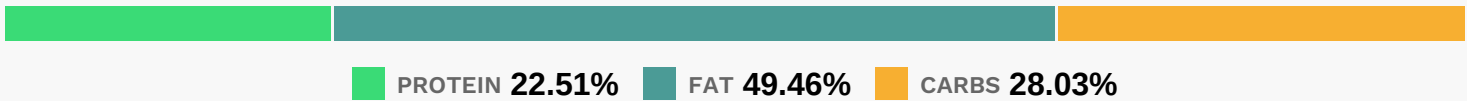
Equipment

- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook chorizo in oil in a pot over medium-high heat, stirring often, until browned, about 5 minutes.
- ☐ Transfer chorizo to a paper towel with a slotted spoon.
- ☐ Add onion to fat in pot and saut until softened, 3 to 5 minutes. Stir in garlic, chile flakes, and pepper; cook about 1 minute.
- ☐ Add broth and potato; cover and bring to a boil. Reduce heat and simmer until potato is tender, about 5 minutes.
- ☐ Stir in kale and chorizo; cover and bring to a boil. Reduce heat; simmer until kale is tender, 3 to 5 minutes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:13.03, Inflammation Score:-4, Nutrition Score:9.4804347649865%

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: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 344.77kcal (17.24%), Fat: 19.29g (29.68%), Saturated Fat: 6.33g (39.59%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 22.68g (8.25%), Sugar: 2.69g (2.99%), Cholesterol: 35.44mg (11.81%), Sodium: 134.69mg (5.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.76g (39.52%), Vitamin B3: 6.62mg (33.12%), Potassium: 778.83mg (22.25%), Vitamin B6: 0.4mg (20.21%), Phosphorus: 184.99mg (18.5%), Copper: 0.32mg (16.16%), Iron: 2.88mg (16.02%), Manganese: 0.24mg (12.16%), Vitamin C: 8.09mg (9.81%), Vitamin B2: 0.17mg (9.8%), Fiber: 1.92g (7.7%), Magnesium: 28.62mg (7.15%), Vitamin B12: 0.41µg (6.88%), Vitamin B1: 0.09mg (6.06%), Vitamin A: 279.72IU (5.59%), Zinc: 0.75mg (5.03%), Folate: 19.19µg (4.8%), Vitamin K: 4.49µg (4.27%), Vitamin E: 0.62mg (4.13%), Calcium: 40.88mg (4.09%), Vitamin B5: 0.32mg (3.17%), Selenium: 0.8µg (1.15%)