



 **69%**  
HEALTH SCORE

## Sausage and Clams with Chickpeas

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**285 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- 14 ounce less-sodium chicken broth fat-free canned
- 3 garlic cloves chopped
- 12 ounces turkey sausage italian hot
- 10 ounces kale chopped
- 16 littleneck clams
- 2 tablespoons madeira wine dry
- 0.5 cup onion chopped

0.1 teaspoon salt

## Equipment

frying pan

dutch oven

## Directions

Heat a Dutch oven over high heat. Coat pan with cooking spray.

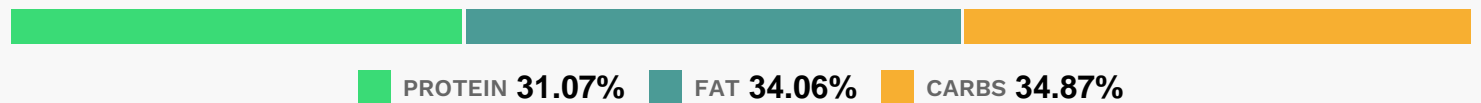
Remove casings from sausage.

Add sausage to pan; cook 4 minutes or until browned, stirring to crumble. Reduce heat to medium. Stir in chopped onion and garlic; cook 1 minute, stirring occasionally.

Add Madeira; cook 1 minute or until liquid evaporates.

Add kale, salt, and chicken broth; cover, reduce heat, and simmer 15 minutes. Stir in clams and chickpeas; cook, covered, 10 minutes or until shells open. Discard any unopened shells.

## Nutrition Facts



## Properties

Glycemic Index:42.83, Glycemic Load:4.83, Inflammation Score:-10, Nutrition Score:35.637391007465%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 17.73mg, Isorhamnetin: 17.73mg, Isorhamnetin: 17.73mg, Isorhamnetin: 17.73mg Kaempferol: 33.31mg, Kaempferol: 33.31mg, Kaempferol: 33.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 20.11mg, Quercetin: 20.11mg, Quercetin: 20.11mg, Quercetin: 20.11mg

## Nutrients (% of daily need)

Calories: 284.55kcal (14.23%), Fat: 10.92g (16.8%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 16.26g (5.91%), Sugar: 4.38g (4.87%), Cholesterol: 47.6mg (15.87%), Sodium: 1616.97mg (70.3%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 22.41g (44.83%), Vitamin K: 276.57µg (263.4%), Vitamin A: 7245.04IU (144.9%), Vitamin C: 94.34mg (114.35%), Manganese: 1.51mg (75.61%), Iron: 11.03mg (61.26%), Vitamin B6: 1.02mg (50.91%), Selenium: 26.9µg (38.42%), Fiber: 8.89g (35.57%), Phosphorus: 322.34mg (32.23%),

Vitamin B2: 0.44mg (26.04%), Calcium: 252.97mg (25.3%), Vitamin B12: 1.51µg (25.22%), Vitamin B3: 4.73mg (23.67%), Folate: 83.56µg (20.89%), Magnesium: 80.21mg (20.05%), Zinc: 2.98mg (19.85%), Potassium: 649.57mg (18.56%), Copper: 0.34mg (16.91%), Vitamin B1: 0.2mg (13.19%), Vitamin B5: 1.24mg (12.44%), Vitamin E: 0.53mg (3.54%)