



## Shrimp and Chorizo Stew

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 cup canned tomatoes whole canned roughly chopped
- 0.3 teaspoon thyme leaves dried
- 4 cloves garlic smashed
- 1 bunch kale roughly chopped
- 4 servings kosher salt
- 0.3 cup olive oil extra-virgin
- 1 large onion diced spanish

- 0.3 teaspoon oregano dried
- 1 pound russet potatoes peeled cut into 1-inch chunks
- 1 pound shrimp deveined peeled
- 2 teaspoons paprika smoked ()
- 4 ounces chorizo spanish sliced

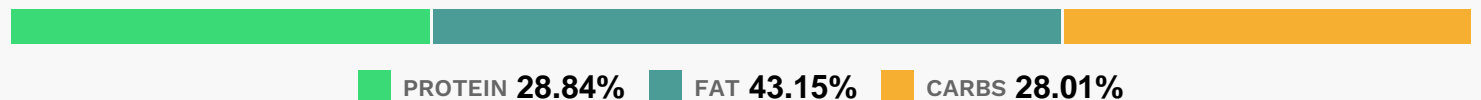
## Equipment

- bowl
- ladle
- dutch oven

## Directions

- Heat the olive oil in a small Dutch oven over medium heat.
- Add the onion and garlic and cook until golden brown, about 15 minutes.
- Add the chorizo, paprika and 1 teaspoon salt and cook until the oil turns deep red, about 2 minutes.
- Add the chopped tomatoes (reserve the juice), the bay leaves, thyme and oregano and cook 1 more minute.
- Add the potatoes, 2 cups water, the tomato juice and 1 teaspoon salt. Bring to a boil, then reduce the heat, cover and simmer until the potatoes are almost tender, about 15 minutes.
- Add the kale and cook until the potatoes and kale are tender, about 10 more minutes. Stir in the shrimp and simmer just until they curl and turn pink, about 3 minutes. Discard the bay leaves. Ladle the stew into bowls.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:64.94, Glycemic Load:18.47, Inflammation Score:-10, Nutrition Score:25.669565252636%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg, Isorhamnetin: 9.55mg Kaempferol: 15.46mg, Kaempferol: 15.46mg, Kaempferol: 15.46mg, Kaempferol: 15.46mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 15mg, Quercetin: 15mg, Quercetin: 15mg, Quercetin: 15mg

## Nutrients (% of daily need)

Calories: 440kcal (22%), Fat: 21.6g (33.23%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 26.44g (9.62%), Sugar: 5.35g (5.95%), Cholesterol: 200.29mg (66.76%), Sodium: 434.81mg (18.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.48g (64.96%), Vitamin K: 142.98µg (136.17%), Vitamin A: 3980.36IU (79.61%), Vitamin C: 46.16mg (55.95%), Phosphorus: 361.25mg (36.12%), Copper: 0.72mg (36.03%), Manganese: 0.67mg (33.53%), Potassium: 1154.71mg (32.99%), Vitamin B6: 0.64mg (31.79%), Magnesium: 95.42mg (23.85%), Iron: 3.98mg (22.12%), Vitamin E: 3.25mg (21.7%), Calcium: 210.63mg (21.06%), Fiber: 5.1g (20.38%), Zinc: 2.29mg (15.27%), Vitamin B1: 0.2mg (13.48%), Folate: 52.15µg (13.04%), Vitamin B3: 2.47mg (12.36%), Vitamin B2: 0.21mg (12.26%), Vitamin B5: 0.63mg (6.29%), Selenium: 1.8µg (2.57%)