



Sopa Caldosa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon cut into 1/2-inch pieces
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 16 ounce chicken stock or fat-free canned
- ☐ 6 servings mexican chorizo
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 pound cabbage green thinly sliced

☐ 1 cup onion chopped

Equipment

☐ bowl

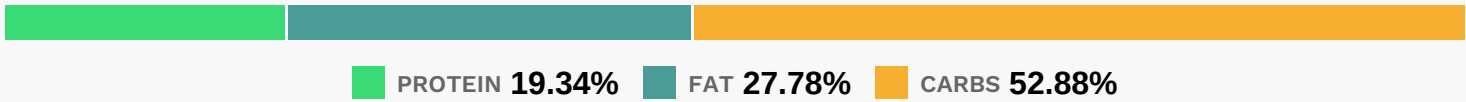
☐ ladle

☐ dutch oven

Directions

- ☐ Cook bacon pieces in a large Dutch oven over medium-high heat until crisp.
- ☐ Add cabbage, onion, and garlic; saut 10 minutes.
- ☐ Add Chicken Stock, chickpeas, and tomatoes. Bring to a boil; reduce heat, and simmer 10 minutes. Ladle soup into each of 6 bowls; top with Mexican Chorizo and parsley.

Nutrition Facts



Properties

Glycemic Index:39.89, Glycemic Load:5.8, Inflammation Score:-7, Nutrition Score:17.998695604827%

Flavonoids

Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg, Apigenin: 4.37mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 178.06kcal (8.9%), Fat: 5.79g (8.91%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 17.86g (6.49%), Sugar: 7.78g (8.65%), Cholesterol: 7.73mg (2.58%), Sodium: 466.57mg (20.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Vitamin K: 94.15µg (89.67%), Vitamin C: 38.99mg (47.26%), Manganese: 0.89mg (44.61%), Vitamin B6: 0.65mg (32.43%), Fiber: 6.94g (27.78%), Folate: 71.62µg (17.91%), Potassium: 580.63mg (16.59%), Copper: 0.31mg (15.53%), Iron: 2.54mg (14.13%), Phosphorus: 140.8mg (14.08%), Vitamin B3: 2.66mg (13.3%), Magnesium: 50.24mg (12.56%), Vitamin B1: 0.18mg (12.17%), Vitamin B2: 0.16mg (9.22%), Calcium: 91.6mg (9.16%), Vitamin A: 409.98IU (8.2%), Selenium: 5.45µg (7.78%), Zinc: 1.09mg (7.28%), Vitamin E: 1.04mg (6.96%), Vitamin B5: 0.65mg (6.54%)