



Spanish Kale-and-White Bean Soup



Gluten Free



Dairy Free

READY IN



86 min.

SERVINGS



8

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15.5 oz beans white rinsed drained canned
- ☐ 1 medium carrots diced
- ☐ 48 oz chicken broth
- ☐ 0.5 pound chorizo smoked chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 garlic clove chopped
- ☐ 16 oz kale fresh washed and trimmed
- ☐ 1 medium onion chopped

- ☐ 1 medium potatoes cubed
- ☐ 1 tablespoon vegetable oil

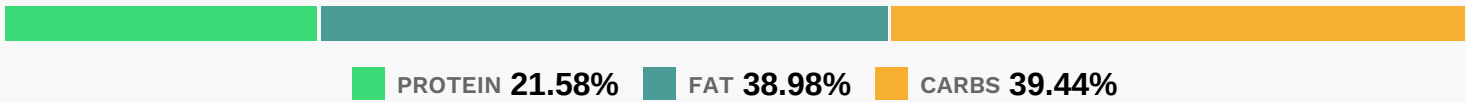
Equipment

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Saut chorizo in a Dutch oven over medium-high heat 6 to 8 minutes or until browned.
- ☐ Remove with a slotted spoon; wipe Dutch oven clean.
- ☐ Saut potato, onion, and carrot in hot oil in Dutch oven over medium heat 4 to 5 minutes or until tender; add garlic, and cook 1 minute.
- ☐ Add wine; cook, stirring occasionally, 2 minutes or until wine is reduced by half. Stir in 48-oz. container chicken broth.
- ☐ Bring mixture to a boil. Gradually stir in kale and chorizo. Reduce heat, and simmer, stirring occasionally, 45 to 50 minutes or until collards are tender. Stir in white beans and, if desired, 14-oz. can chicken broth during last 5 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:6.87, Inflammation Score:-10, Nutrition Score:22.870869576931%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg, Isorhamnetin: 14.07mg Kaempferol: 26.86mg, Kaempferol: 26.86mg, Kaempferol: 26.86mg, Kaempferol: 26.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg, Quercetin: 15.81mg

Nutrients (% of daily need)

Calories: 230.68kcal (11.53%), Fat: 9.7g (14.92%), Saturated Fat: 2.97g (18.57%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 16.08g (5.85%), Sugar: 2.64g (2.94%), Cholesterol: 21.12mg (7.04%), Sodium: 672.36mg (29.23%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 12.08g (24.16%), Vitamin K: 227.48µg (216.65%), Vitamin A: 7043.56IU (140.87%), Vitamin C: 59.79mg (72.47%), Manganese: 0.83mg (41.4%), Fiber: 6g (24.01%), Calcium: 201.82mg (20.18%), Folate: 79.34µg (19.83%), Vitamin B2: 0.34mg (19.81%), Iron: 3.52mg (19.57%), Potassium: 646.02mg (18.46%), Magnesium: 58.43mg (14.61%), Vitamin B1: 0.19mg (12.45%), Vitamin B6: 0.24mg (12.11%), Phosphorus: 113.08mg (11.31%), Copper: 0.22mg (11.11%), Vitamin B3: 1.49mg (7.47%), Zinc: 1.1mg (7.31%), Vitamin E: 1.07mg (7.14%), Selenium: 2.29µg (3.28%), Vitamin B5: 0.29mg (2.94%)