



WHATSheATE



HEALTH SCORE

55%

Speedy chorizo with chickpeas



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



433 kcal

Ingredients

- ☐ 400 g canned tomatoes chopped canned
- ☐ 110 g chorizo (unsliced)
- ☐ 140 g savoy cabbage
- ☐ 2 servings pepper dried
- ☐ 410 g garbanzo beans drained canned
- ☐ 1 vegetable cube

Equipment

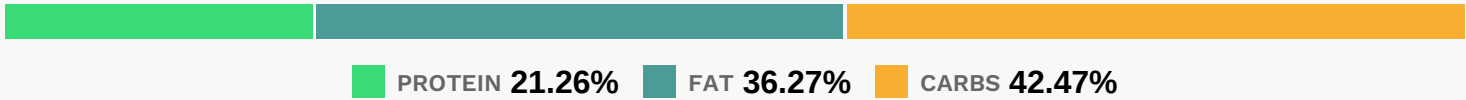
- ☐ bowl
- ☐ frying pan

☐ ladle

Directions

- ☐ Put a medium pan on the heat and tip in the tomatoes followed by a canful of water. While the tomatoes are heating, quickly chop the chorizo into chunky pieces and shred the cabbage.
- ☐ Pile the chorizo and cabbage into the pan with the chilli flakes and chickpeas, then crumble in the stock cube. Stir well, cover and leave to bubble over a high heat for 6 minutes until the cabbage is just tender. Ladle into bowls and eat with crusty or garlic bread.

Nutrition Facts



Properties

Glycemic Index:69.17, Glycemic Load:12.28, Inflammation Score:-9, Nutrition Score:30.297391559767%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 432.88kcal (21.64%), Fat: 18.18g (27.97%), Saturated Fat: 5.47g (34.18%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 32.17g (11.7%), Sugar: 10.67g (11.86%), Cholesterol: 34.38mg (11.46%), Sodium: 1226.85mg (53.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.95%), Manganese: 2.2mg (110.14%), Vitamin B6: 1.44mg (72.23%), Fiber: 15.73g (62.9%), Vitamin K: 60.87µg (57.98%), Vitamin C: 40.32mg (48.87%), Vitamin A: 1950.18IU (39%), Iron: 6.81mg (37.83%), Copper: 0.74mg (37.15%), Folate: 133.81µg (33.45%), Potassium: 1081.2mg (30.89%), Magnesium: 117.93mg (29.48%), Phosphorus: 263.4mg (26.34%), Vitamin E: 3.38mg (22.55%), Vitamin B1: 0.27mg (17.97%), Calcium: 170.85mg (17.08%), Vitamin B3: 3.15mg (15.76%), Zinc: 2.23mg (14.86%), Vitamin B5: 1.32mg (13.18%), Vitamin B2: 0.17mg (10.27%), Selenium: 6.34µg (9.05%)