



## Tuscan Kale Soup with Chorizo

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

READY IN



60 min.

SERVINGS



6

CALORIES



279 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons olive oil
- 0.8 lb kale thin
- 1.5 lb potato boiling
- 8 cups water
- 1 large onion finely chopped
- 0.5 lb chorizo spanish cut into 1/2-inch pieces (spicy cured pork sausage)

### Equipment

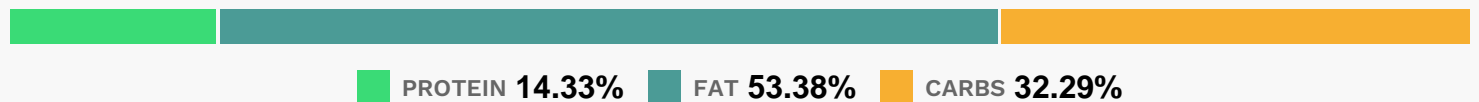
- frying pan

- paper towels
- pot
- potato masher

## Directions

- Cook onion in oil in a 5-quart pot over moderate heat, stirring occasionally, until pale golden. Meanwhile, peel potatoes and cut crosswise into thin slices.
- Add to onion and cook, stirring occasionally, 4 minutes.
- Add water and salt to taste and simmer until potatoes are very tender, about 15 minutes.
- Cook chorizo in a large nonstick skillet over moderately high heat, stirring occasionally, until browned, about 5 minutes.
- Transfer to paper towels to drain.
- Coarsely mash potatoes in pot with a potato masher (do not drain). Stir in chorizo and simmer 5 minutes. Stir in kale and simmer until just tender, 3 to 5 minutes. Season with salt.

## Nutrition Facts



## Properties

Glycemic Index:14.5, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:21.661304308021%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 14.63mg, Isorhamnetin: 14.63mg, Isorhamnetin: 14.63mg, Isorhamnetin: 14.63mg Kaempferol: 26.7mg, Kaempferol: 26.7mg, Kaempferol: 26.7mg, Kaempferol: 26.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.61mg, Quercetin: 18.61mg, Quercetin: 18.61mg, Quercetin: 18.61mg

## Nutrients (% of daily need)

Calories: 279.1kcal (13.95%), Fat: 16.8g (25.85%), Saturated Fat: 4.49g (28.08%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 18.19g (6.62%), Sugar: 2.98g (3.31%), Cholesterol: 23.62mg (7.87%), Sodium: 67.75mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Vitamin K: 228.73µg (217.84%), Vitamin A: 5807.67IU (116.15%), Vitamin C: 64.56mg (78.25%), Manganese: 0.57mg (28.29%), Potassium: 749.84mg (21.42%), Fiber: 4.68g (18.71%), Calcium: 170.64mg (17.06%), Vitamin B6: 0.31mg (15.31%), Folate: 60.32µg (15.08%), Iron: 2.56mg (14.2%), Vitamin B2: 0.24mg (14.04%), Magnesium: 49.31mg (12.33%), Copper: 0.24mg (12.11%), Vitamin B1:

0.17mg (11.16%), Phosphorus: 107.61mg (10.76%), Vitamin B3: 2mg (10%), Vitamin E: 1.4mg (9.32%), Zinc: 0.67mg (4.46%), Vitamin B5: 0.4mg (3.99%), Selenium: 1.2µg (1.72%)