



Almost Tuscan Sausage and Kale Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bulk sausage italian hot crumbled
- 15 ounce .5 can cannellini beans drained and rinsed canned
- 0.5 teaspoon basil fresh chopped
- 2 cloves garlic crushed
- 1 pinch ground pepper black to taste
- 4 cups kale chopped
- 6 cups chicken broth low-sodium
- 1 large onion chopped

- 1 cup potatoes yellow peeled chopped to taste
- 1 pinch pepper flakes red to taste

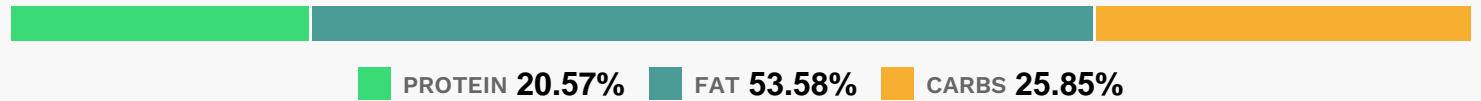
Equipment

- bowl
- pot

Directions

- Heat oil in a large stockpot over medium heat until the oil shimmers; cook and stir onion, garlic, red pepper flakes, and black pepper until onion is translucent, 10 to 15 minutes.
- Mix sausage, basil, and paprika together in a bowl.
- Stir sausage mixture into onion mixture; cook and stir until sausage is browned and fully cooked, 5 to 10 minutes.
- Add chicken broth, kale, cannellini beans, and potatoes to sausage-onion mixture; lower heat to medium low. Cover stockpot and simmer until potatoes are tender, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:55.63, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:21.267826038858%

Flavonoids

Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 7mg, Kaempferol: 7mg, Kaempferol: 7mg, Kaempferol: 7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg, Quercetin: 8.5mg

Nutrients (% of daily need)

Calories: 423.56kcal (21.18%), Fat: 25.58g (39.35%), Saturated Fat: 9.04g (56.51%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 22.57g (8.21%), Sugar: 1.97g (2.19%), Cholesterol: 57.46mg (19.15%), Sodium: 637.94mg (27.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.19%), Vitamin K: 57.52µg (54.78%), Vitamin B1: 0.55mg (36.99%), Vitamin B3: 6.34mg (31.71%), Manganese: 0.61mg (30.31%), Selenium: 20.38µg (29.12%), Vitamin C: 23.65mg (28.66%), Vitamin A: 1405.36IU (28.11%), Phosphorus: 279.16mg (27.92%), Potassium: 953.14mg (27.23%), Vitamin B6: 0.47mg (23.51%), Iron: 4.08mg (22.66%), Fiber: 5.2g (20.81%), Copper: 0.4mg (20.18%),

Folate: 71.19µg (17.8%), Zinc: 2.59mg (17.29%), Vitamin B2: 0.29mg (17.17%), Magnesium: 64.57mg (16.14%), Vitamin B12: 0.92µg (15.4%), Calcium: 122.25mg (12.22%), Vitamin B5: 0.67mg (6.7%), Vitamin E: 0.67mg (4.45%)