



HEALTH SCORE

58%

## Almost Tuscan Sausage and Kale Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 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 tablespoon olive oil or as needed

- ☐ 1 large onion chopped
- ☐ 1 cup potatoes yellow peeled chopped to taste
- ☐ 1 pinch pepper flakes red to taste
- ☐ 0.3 teaspoon paprika smoked

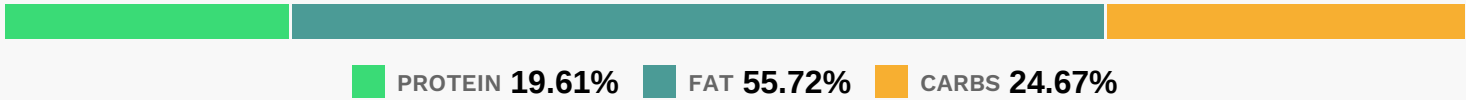
## Equipment

- ☐ 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:58.13, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:21.503912967184%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 444.42kcal (22.22%), Fat: 27.92g (42.96%), Saturated Fat: 9.37g (58.54%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 22.58g (8.21%), Sugar: 1.98g (2.2%), Cholesterol: 57.46mg (19.15%), Sodium: 638.04mg

(27.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.22%), Vitamin K: 58.99µg (56.18%), Vitamin B1: 0.56mg (37.01%), Vitamin B3: 6.35mg (31.75%), Manganese: 0.61mg (30.37%), Selenium: 20.39µg (29.13%), Vitamin A: 1446.41IU (28.93%), Vitamin C: 23.65mg (28.66%), Phosphorus: 279.42mg (27.94%), Potassium: 955.07mg (27.29%), Vitamin B6: 0.47mg (23.6%), Iron: 4.11mg (22.83%), Fiber: 5.23g (20.92%), Copper: 0.4mg (20.21%), Folate: 71.23µg (17.81%), Zinc: 2.6mg (17.32%), Vitamin B2: 0.29mg (17.23%), Magnesium: 64.72mg (16.18%), Vitamin B12: 0.92µg (15.4%), Calcium: 122.46mg (12.25%), Vitamin E: 1.03mg (6.86%), Vitamin B5: 0.67mg (6.72%)