



Best Italian Sausage Soup

 Dairy Free  Popular

READY IN



390 min.

SERVINGS



8

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups beef broth
- ☐ 32 ounce tomatoes whole peeled canned
- ☐ 0.5 teaspoon basil dried
- ☐ 1.3 cups cooking wine dry red
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 1.5 pounds sausage sweet italian

- ☐ 2 small onions chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 8 servings salt and pepper to taste
- ☐ 16 ounce spinach fettuccine pasta
- ☐ 2 zucchini sliced

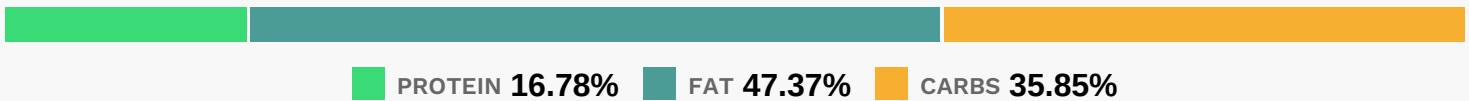
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ In a large pot, cook sausage over medium heat until brown.
- ☐ Remove with a slotted spoon, and drain on paper towels.
- ☐ Drain fat from pan, reserving 3 tablespoons.
- ☐ Cook garlic and onion in reserved fat for 2 to 3 minutes. Stir in tomatoes, wine, broth, basil, and oregano.
- ☐ Transfer to a slow cooker, and stir in sausage, zucchini, bell pepper, and parsley.
- ☐ Cover, and cook on Low for 4 to 6 hours.
- ☐ Bring a pot of lightly salted water to a boil. Cook pasta in boiling water until al dente, about 7 minutes.
- ☐ Drain water, and add pasta to the slow cooker. Simmer for a few minutes, and season with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:17.76, Inflammation Score:-7, Nutrition Score:24.569130456966%

Flavonoids

Petunidin: 1.25mg, Petunidin: 1.25mg, Petunidin: 1.25mg, Petunidin: 1.25mg Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg, Delphinidin: 1.57mg Malvidin: 9.84mg, Malvidin: 9.84mg, Malvidin: 9.84mg, Malvidin: 9.84mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg, Catechin: 2.89mg Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg, Epicatechin: 4mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 593.33kcal (29.67%), Fat: 29.86g (45.94%), Saturated Fat: 10.5g (65.64%), Carbohydrates: 50.84g (16.95%), Net Carbohydrates: 46.65g (16.96%), Sugar: 6.12g (6.79%), Cholesterol: 112.26mg (37.42%), Sodium: 1553.67mg (67.55%), Alcohol: 3.94g (100%), Alcohol %: 0.95% (100%), Protein: 23.8g (47.6%), Selenium: 67.24µg (96.05%), Vitamin B1: 0.68mg (45.01%), Vitamin C: 36.5mg (44.25%), Manganese: 0.79mg (39.58%), Vitamin B6: 0.67mg (33.27%), Phosphorus: 327.5mg (32.75%), Vitamin K: 33.31µg (31.72%), Vitamin B3: 6.28mg (31.39%), Potassium: 841.75mg (24.05%), Iron: 3.91mg (21.74%), Vitamin B2: 0.35mg (20.38%), Zinc: 3.01mg (20.06%), Magnesium: 74.05mg (18.51%), Copper: 0.36mg (18.2%), Vitamin B12: 1.04µg (17.39%), Fiber: 4.19g (16.75%), Folate: 54.68µg (13.67%), Vitamin B5: 1.26mg (12.63%), Calcium: 99.6mg (9.96%), Vitamin A: 450.24IU (9%), Vitamin E: 1.14mg (7.6%), Vitamin D: 0.17µg (1.13%)