



Brussels Sprouts and Sausage Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound andouille sausage
- ☐ 2 bay leaves
- ☐ 1 pound brussels sprouts
- ☐ 1 teaspoon caraway seeds
- ☐ 4 cups chicken broth reduced-sodium
- ☐ 1 teaspoon olive oil
- ☐ 3 large potatoes - remove skin red

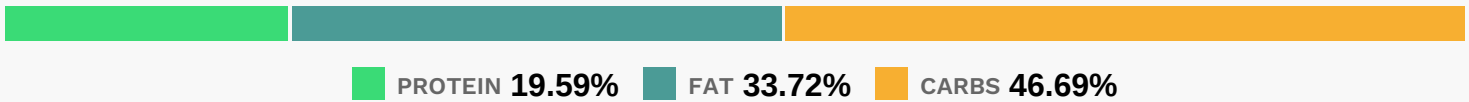
Equipment

☐ pot

Directions

- ☐ Trim ends off brussels sprouts, remove any damaged external leaves, and cut in half lengthwise. Set aside.
- ☐ Remove casing from sausage and cut into 1/4-in.-thick slices. Put olive oil and sausage in a medium pot over medium-high heat and cook, stirring occasionally, until sausage is well browned, about 7 minutes.
- ☐ Meanwhile, peel potatoes and cut into roughly 1/2-in. pieces.
- ☐ When sausage is browned, add bay leaves and caraway seeds to the pot. Cook, stirring, until fragrant, about 1 minute.
- ☐ Add potatoes, broth, and 1 cup water. Bring to a boil.
- ☐ Add brussels sprouts. Partially cover pot and reduce heat to low or medium-low to maintain a steady simmer. Cook soup until potatoes and brussels sprouts are tender, about 15 minutes.
- ☐ Remove bay leaves and serve soup hot.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:32.905217212179%

Flavonoids

Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 475.18kcal (23.76%), Fat: 18.64g (28.68%), Saturated Fat: 5.74g (35.86%), Carbohydrates: 58.08g (19.36%), Net Carbohydrates: 48.86g (17.77%), Sugar: 6.99g (7.77%), Cholesterol: 48.76mg (16.25%), Sodium: 610.61mg (26.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.75%), Vitamin K: 209.34µg (199.37%), Vitamin C: 120.32mg (145.84%), Potassium: 2104.23mg (60.12%), Vitamin B3: 10.75mg (53.73%), Vitamin B6: 0.86mg (42.78%), Phosphorus: 405.24mg (40.52%), Manganese: 0.79mg (39.29%), Fiber: 9.22g (36.87%), Vitamin B1: 0.53mg (35.26%), Copper: 0.62mg (30.78%), Folate: 119.69µg (29.92%), Iron: 4.89mg (27.18%), Magnesium: 99.75mg (24.94%), Selenium: 15µg (21.42%), Vitamin B2: 0.36mg (21.21%), Zinc: 3.04mg (20.29%),

Vitamin A: 902.55IU (18.05%), Vitamin B5: 1.53mg (15.33%), Vitamin B12: 0.79µg (13.19%), Vitamin E: 1.69mg (11.28%), Calcium: 93.72mg (9.37%), Vitamin D: 0.79µg (5.29%)