



Cabbage, Kielbasa and Rice Soup

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

READY IN



45 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cabbage shredded green cored finely
- 0.8 pound kielbasa halved lengthwise thinly sliced
- 4 servings kosher salt and pepper freshly ground
- 7.8 cups chicken broth low-sodium
- 1 onion halved thinly sliced
- 1 tablespoon vegetable oil
- 1 cup rice long-grain white such as basmati or jasmine

Equipment

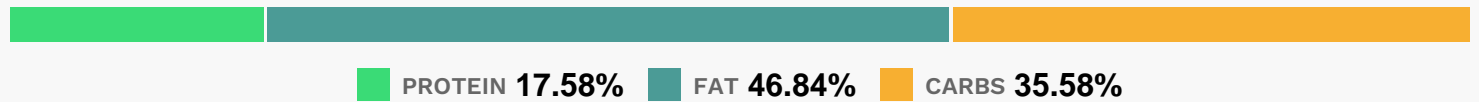
sauce pan

pot

Directions

- In a medium saucepan, combine 1 3/4 cups of the chicken broth with the rice and bring to a simmer. Cover and cook over low heat for 18 minutes, until the rice is tender.
- Meanwhile, in a soup pot, heat the oil.
- Add the kielbasa and cook over moderately high heat until lightly browned, about 4 minutes.
- Add the onion and cabbage and cook until softened, about 6 minutes.
- Add the remaining 6 cups of broth and bring to a simmer. Cook over moderately low heat until the cabbage is tender, 10 minutes. Season with salt and pepper, stir in the rice and serve.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:24.86, Inflammation Score:-5, Nutrition Score:23.910000075465%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 588.66kcal (29.43%), Fat: 31.02g (47.72%), Saturated Fat: 10.26g (64.1%), Carbohydrates: 53g (17.67%), Net Carbohydrates: 49.1g (17.85%), Sugar: 5.45g (6.05%), Cholesterol: 59.53mg (19.84%), Sodium: 1099.83mg (47.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.19g (52.38%), Vitamin K: 92.67µg (88.26%), Vitamin C: 44.43mg (53.85%), Vitamin B3: 10.23mg (51.15%), Manganese: 0.76mg (38.12%), Vitamin B1: 0.54mg (36.08%), Phosphorus: 343.51mg (34.35%), Selenium: 22.52µg (32.17%), Potassium: 881.13mg (25.18%), Vitamin B6: 0.46mg (22.85%), Copper: 0.44mg (22.2%), Vitamin B12: 1.29µg (21.51%), Vitamin B2: 0.34mg (19.91%), Zinc: 2.85mg (19.03%), Iron: 3.15mg (17.49%), Fiber: 3.91g (15.63%), Folate: 59.43µg (14.86%), Vitamin B5: 1.13mg (11.26%), Magnesium: 44.42mg (11.1%), Calcium: 93.29mg (9.33%), Vitamin E: 0.5mg (3.36%), Vitamin A: 111.78IU (2.24%)