



Chicken Sausage, White Bean and Cabbage Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 2 cups onion white chopped
- 2 carrots diced peeled
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black
- 1 clove garlic minced
- 0.3 teaspoon pepper red crushed

- 1 pound mild chicken sausage italian
- 5 cups vegetable stock low sodium
- 15 oz beans white drained and rinsed canned
- 0.5 head cabbage green

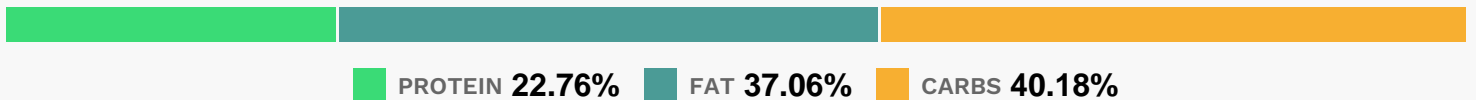
Equipment

- pot

Directions

- In a large pot, heat oil over medium heat.
- Saute onions until tender, about 8 minutes.
- Add carrots and continue cooking for another 5 minutes.
- Season with salt, pepper, garlic and red pepper flakes; cook for another minute.
- Remove sausage from casing and break into small chunks in the pot.
- Toss with vegetables to brown meat, cooking for another 8-10 minutes.
- Pour in stock, enough to cover everything; bring to a simmer.
- Add white beans and cabbage, stirring to combine.
- Simmer, covered, until cabbage is wilted but not mushy, about 10 minutes.
- Generally the sausage will contain enough salt for the soup, but check seasoning and add more salt or pepper if needed.

Nutrition Facts



Properties

Glycemic Index:42.64, Glycemic Load:7.63, Inflammation Score:-10, Nutrition Score:17.361739130435%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg

Taste

Sweetness: 20.27%, Saltiness: 100%, Sourness: 20.94%, Bitterness: 25.23%, Savoriness: 49.12%, Fattiness: 48.81%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 312.19kcal (15.61%), Fat: 13.39g (20.6%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 32.66g (10.89%), Net Carbohydrates: 25.83g (9.39%), Sugar: 8.44g (9.37%), Cholesterol: 53.37mg (17.79%), Sodium: 1785.34mg (77.62%), Protein: 18.51g (37.02%), Vitamin A: 4181.3IU (83.63%), Vitamin K: 64.1µg (61.04%), Vitamin C: 34.06mg (41.28%), Manganese: 0.6mg (30.24%), Fiber: 6.83g (27.32%), Folate: 92.65µg (23.16%), Iron: 3.34mg (18.53%), Potassium: 598.13mg (17.09%), Magnesium: 53.4mg (13.35%), Vitamin B6: 0.25mg (12.36%), Phosphorus: 107.9mg (10.79%), Copper: 0.21mg (10.62%), Calcium: 102.67mg (10.27%), Vitamin B1: 0.15mg (10.23%), Vitamin E: 1.19mg (7.92%), Zinc: 1.08mg (7.2%), Vitamin B2: 0.08mg (4.95%), Vitamin B5: 0.42mg (4.18%), Vitamin B3: 0.53mg (2.67%), Selenium: 1.74µg (2.49%)