



## Creamy Potato Sausage Soup

READY IN



90 min.

SERVINGS



8

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 20 ounce hash brown potatoes shredded simply potatoes® (such as )
- 2 cups milk
- 2 tablespoons olive oil
- 2 small onions finely chopped
- 1 pinch salt
- 1 pound kielbasa sausage cut into half moons

1 pound sausage smoked cut into half moons

## Equipment

sauce pan

whisk

dutch oven

## Directions

Heat olive oil in a 2-quart Dutch oven or large pot over medium heat; cook and stir onion, smoked sausage, and kielbasa sausage in the hot oil until sausage is browned, about 10 minutes. Stir potatoes into sausage mixture and pour in enough water to cover mixture; add bay leaves.

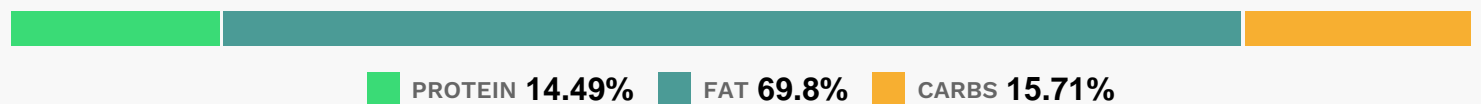
Simmer sausage-potato mixture over low heat until potatoes are tender and flavors of soup have blended, 1 to 2 hours.

Combine flour and butter in a saucepan over medium heat; cook and stir until mixture is smooth and lightly golden, about 5 minutes.

Whisk milk into flour-butter mixture until thickened; season with salt. Stir flour-butter mixture into soup until well combined.

Remove and discard bay leaves before serving.

## Nutrition Facts



## Properties

Glycemic Index:31.13, Glycemic Load:7.19, Inflammation Score:-4, Nutrition Score:13.210434841073%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 540.84kcal (27.04%), Fat: 41.8g (64.31%), Saturated Fat: 15.6g (97.51%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 19.77g (7.19%), Sugar: 3.69g (4.1%), Cholesterol: 103.65mg (34.55%), Sodium: 931.5mg (40.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.04%), Vitamin B3: 5.99mg (29.97%), Vitamin B1: 0.45mg (29.69%), Vitamin B12: 1.68µg (27.99%), Phosphorus: 243.16mg (24.32%), Vitamin B6: 0.39mg (19.61%), Zinc: 2.89mg (19.27%), Vitamin B2: 0.29mg (16.84%), Potassium: 572.87mg (16.37%), Selenium: 10.28µg (14.69%), Vitamin D: 2.03µg (13.55%), Iron: 2.14mg (11.89%), Vitamin B5: 1.13mg (11.33%), Calcium: 97.75mg (9.77%), Vitamin C: 7.52mg (9.11%), Manganese: 0.18mg (9.05%), Magnesium: 32.64mg (8.16%), Copper: 0.15mg (7.74%), Vitamin A: 320.51IU (6.41%), Fiber: 1.4g (5.61%), Vitamin E: 0.81mg (5.42%), Folate: 16.4µg (4.1%), Vitamin K: 3.1µg (2.95%)