



Easy Potato-Sausage Soup

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 servings garnish: cheddar cheese shredded
- ☐ 14.5 ounce chicken broth canned
- ☐ 10.8 ounce cream of celery soup undiluted canned
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 0.5 pound sausage meat
- ☐ 4 cups hash brown potatoes frozen
- ☐ 2 cups milk
- ☐ 1 large onion chopped

☐ 2 cups water

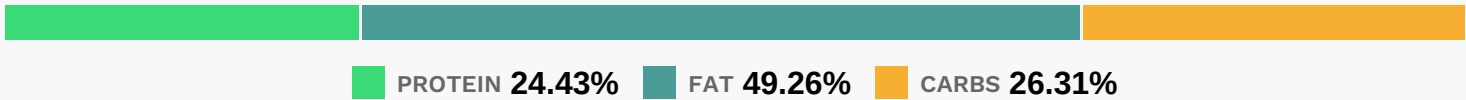
Equipment

☐ dutch oven

Directions

- ☐ Brown sausage in a large Dutch oven over medium heat, stirring until it crumbles and is no longer pink.
- ☐ Drain. Return to Dutch oven.
- ☐ Add potatoes and next 3 ingredients to sausage; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in soups and milk; cook, stirring often, until thoroughly heated.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:12.92, Inflammation Score:-7, Nutrition Score:24.218260785808%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 719.45kcal (35.97%), Fat: 39.32g (60.5%), Saturated Fat: 15.42g (96.37%), Carbohydrates: 47.25g (15.75%), Net Carbohydrates: 44.02g (16.01%), Sugar: 7.22g (8.02%), Cholesterol: 127.06mg (42.35%), Sodium: 1703.32mg (74.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.88g (87.76%), Phosphorus: 547.84mg (54.78%), Selenium: 28.38µg (40.54%), Calcium: 402.32mg (40.23%), Vitamin B3: 7.46mg (37.28%), Zinc: 5.2mg (34.69%), Vitamin B12: 2.08µg (34.62%), Potassium: 1019.98mg (29.14%), Vitamin B2: 0.49mg (28.7%), Vitamin B6: 0.56mg (28.17%), Vitamin B1: 0.39mg (25.79%), Iron: 4.28mg (23.78%), Manganese: 0.46mg (22.83%), Copper: 0.42mg (21.1%), Vitamin B5: 2.05mg (20.5%), Vitamin C: 16.5mg (20%), Vitamin A: 921.66IU (18.43%), Magnesium: 69.69mg (17.42%), Vitamin K: 16.19µg (15.42%), Fiber: 3.23g (12.91%), Vitamin D: 1.93µg (12.84%), Vitamin E: 1.81mg (12.04%), Folate: 23.26µg (5.81%)