



WHATSheATE



Escarole, Bean, and Sausage Soup with Parmesan Cheese

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce no-salt-added cannellini beans beans white rinsed drained canned
- ☐ 4 cups endive chopped
- ☐ 0.5 cup fennel bulb thinly sliced
- ☐ 1 tablespoon garlic minced
- ☐ 9.6 ounce turkey sausage sweet italian
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 1 cup prechopped onion
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 cup water

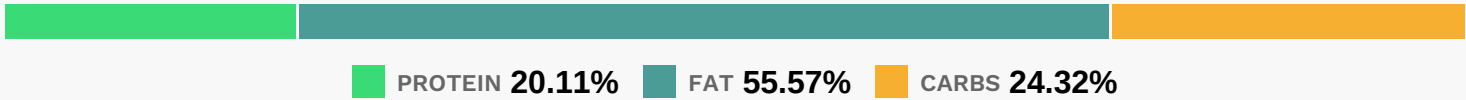
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add onion, fennel bulb, garlic, and sausage; cook 7 minutes or until sausage is browned, stirring frequently to crumble.
- ☐ Add broth, 1 cup water, and beans. Cover; bring to a boil, and cook 5 minutes, stirring occasionally. Stir in escarole; cook 4 minutes or until escarole wilts. Divide soup evenly among 4 bowls; sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:18.149130409826%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 378.51kcal (18.93%), Fat: 24.19g (37.21%), Saturated Fat: 8.38g (52.4%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 16.11g (5.86%), Sugar: 2.27g (2.52%), Cholesterol: 53.88mg (17.96%), Sodium: 1011.27mg (43.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Vitamin K: 123.77µg (117.88%), Fiber: 7.7g (30.81%), Vitamin B1: 0.45mg (30.04%), Selenium: 18.41µg (26.3%), Vitamin A: 1120.68IU (22.41%), Folate: 87.19µg (21.8%), Iron: 3.73mg (20.74%), Potassium: 685.2mg (19.58%), Manganese: 0.36mg (17.87%), Vitamin B6: 0.29mg (14.7%), Phosphorus: 146.56mg (14.66%), Calcium: 144.08mg (14.41%), Vitamin B3: 2.54mg (12.72%), Zinc: 1.84mg (12.27%), Vitamin C: 9.5mg (11.51%), Vitamin B12: 0.65µg (10.88%), Vitamin B2: 0.18mg (10.41%), Vitamin B5: 0.89mg (8.91%), Copper: 0.14mg (7.16%), Magnesium: 24.84mg (6.21%), Vitamin E: 0.59mg (3.96%)