



German Sausage and Cabbage Soup

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

READY IN



30 min.

SERVINGS



5

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 3 cups coleslaw mix (from 16-oz bag)
- 0.5 cup onion coarsely chopped
- 0.5 cup celery sliced
- 0.5 teaspoon caraway seeds
- 0.8 lb kielbasa cooked quartered cut into 1/2-inch slices
- 3 cups hash browns diced frozen southern-style (from 32-oz bag)
- 3.5 cups chicken broth (from 32-oz carton)

0.3 teaspoon pepper black

Equipment

sauce pan

dutch oven

Directions

In large saucepan or Dutch oven, melt butter over medium heat. Cook coleslaw mix, onion, celery and caraway seed in butter 2 to 3 minutes, stirring frequently, until vegetables are crisp-tender.

Stir in remaining ingredients.

Heat to boiling; reduce heat. Cover; simmer 5 to 10 minutes, stirring occasionally, until potatoes are tender and soup is thoroughly heated.

Nutrition Facts

 PROTEIN **14.92%**  FAT **54.83%**  CARBS **30.25%**

Properties

Glycemic Index:38.8, Glycemic Load:7.68, Inflammation Score:-4, Nutrition Score:14.513043305148%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 374.36kcal (18.72%), Fat: 23.03g (35.43%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 25.23g (9.17%), Sugar: 2.87g (3.19%), Cholesterol: 50.92mg (16.97%), Sodium: 1276.77mg (55.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.2%), Vitamin B1: 0.53mg (35.64%), Vitamin C: 27.93mg (33.85%), Vitamin K: 35.11µg (33.44%), Vitamin B3: 4.96mg (24.79%), Manganese: 0.41mg (20.33%), Potassium: 676.19mg (19.32%), Selenium: 13.35µg (19.08%), Phosphorus: 178.25mg (17.83%), Vitamin B6: 0.32mg (15.95%), Iron: 2.62mg (14.57%), Vitamin B2: 0.24mg (14.37%), Fiber: 3.35g (13.4%), Zinc: 1.82mg (12.14%), Vitamin B12: 0.7µg (11.71%), Copper: 0.23mg (11.58%), Vitamin B5: 0.87mg (8.65%), Magnesium: 33.55mg (8.39%), Folate: 31.2µg (7.8%), Calcium: 54.53mg (5.45%), Vitamin A: 191.55IU (3.83%), Vitamin E: 0.25mg (1.68%)