



Hearty Harvest Soup



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce baby spinach leaves
- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 29 ounce chicken broth reduced-sodium canned
- ☐ 1 medium onion chopped
- ☐ 0.5 pound pork sausage links italian
- ☐ 14.5 ounce hunt's® tomatoes diced with roasted garlic, undrained canned

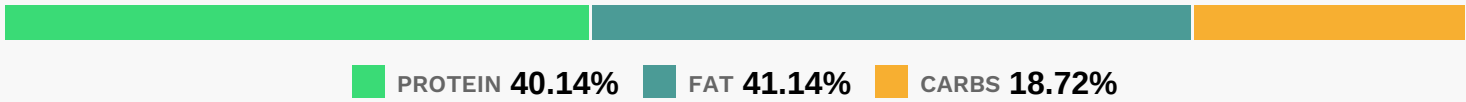
Equipment

- ☐ sauce pan

Directions

- ☐ Brown sausage with onion in large saucepan over medium-high heat, stirring frequently to crumble sausage; drain.
- ☐ Add broth, undrained tomatoes and beans; mix well. Cook 5 minutes, stirring occasionally.
- ☐ Stir in spinach; cover saucepan with lid. Cook 5 minutes or just until spinach is wilted, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:4.88, Inflammation Score:-10, Nutrition Score:30.526086952375%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg, Kaempferol: 2.89mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 478.64kcal (23.93%), Fat: 21.65g (33.31%), Saturated Fat: 6.52g (40.72%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 16.71g (6.08%), Sugar: 2.96g (3.29%), Cholesterol: 95.73mg (31.91%), Sodium: 942.15mg (40.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.54g (95.07%), Vitamin K: 216.24µg (205.94%), Vitamin A: 4829.45IU (96.59%), Manganese: 0.85mg (42.5%), Selenium: 26.86µg (38.38%), Phosphorus: 367.77mg (36.78%), Folate: 145.44µg (36.36%), Zinc: 5.41mg (36.08%), Iron: 5.7mg (31.64%), Potassium: 1051.58mg (30.05%), Vitamin B6: 0.59mg (29.44%), Vitamin B3: 5.88mg (29.41%), Vitamin B12: 1.69µg (28.19%), Vitamin C: 22.96mg (27.83%), Magnesium: 110.44mg (27.61%), Fiber: 5.47g (21.89%), Vitamin B2: 0.31mg (18.1%), Copper: 0.36mg (18.04%), Vitamin B1: 0.24mg (15.93%), Vitamin E: 2.31mg (15.38%), Calcium: 127.49mg (12.75%), Vitamin B5: 0.5mg (4.96%), Vitamin D: 0.63µg (4.19%)