

Hearty Italian Sausage Soup

READY IN



40 min.

SERVINGS



40

CALORIES



57 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz .5 can cannellini beans rinsed canned
- 14.5 oz canned tomatoes undrained canned
- 28 oz chicken broth fat-free reduced-sodium canned
- 2 cloves garlic minced
- 2 cups tightly torn kale packed stemmed
- 1 onion chopped
- 1 cup rotini pasta uncooked
- 13 oz oscar mayer natural herb sausage italian cut into 1/4-inch-thick slices uncured style
- 0.7 cup mozzarella cheese shredded kraft

1.5 cups water

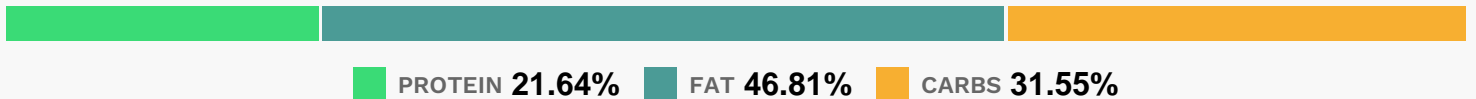
Equipment

frying pan

Directions

- Cook sausage and onions in large skillet on medium heat 8 min. or until sausage is evenly browned, stirring frequently and adding garlic for the last minute.
- Add broth, water, beans and tomatoes; mix well. Bring to boil, stirring occasionally.
- Add pasta; stir. Return to boil; simmer on medium-low heat 10 min. or until pasta is tender, stirring occasionally.
- Remove from heat.
- Stir in kale; cover.
- Let stand 5 min. or until kale is slightly wilted.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:1.28, Inflammation Score:-3, Nutrition Score:2.8417391569718%

Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 57.07kcal (2.85%), Fat: 3g (4.61%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.7g (1.34%), Sugar: 0.7g (0.78%), Cholesterol: 8.11mg (2.7%), Sodium: 166.79mg (7.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Manganese: 0.1mg (5.17%), Vitamin K: 5.04µg (4.8%), Phosphorus: 38.63mg (3.86%), Vitamin B3: 0.73mg (3.63%), Iron: 0.63mg (3.52%), Potassium: 120.21mg (3.43%), Fiber: 0.85g (3.39%), Vitamin B1: 0.05mg (3.29%), Vitamin B6: 0.06mg (3.19%), Copper: 0.06mg (3.07%), Vitamin A: 146.59IU (2.93%), Zinc: 0.44mg (2.92%), Selenium: 1.98µg (2.83%), Magnesium: 10.88mg (2.72%), Vitamin C:

2.24mg (2.72%), Vitamin B12: 0.16µg (2.68%), Calcium: 26.46mg (2.65%), Folate: 10.12µg (2.53%), Vitamin B2: 0.04mg (2.08%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.15mg (1.48%)