



WHATSheATE



Hearty Italian Soup with Parmesan-Pepper Cornbread Biscotti



Gluten Free

READY IN



160 min.

SERVINGS



40

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 oz baby spinach
- ☐ 30 oz .5 can cannellini beans drained and rinsed canned
- ☐ 29 oz tomatoes diced canned
- ☐ 48 oz chicken broth
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion diced
- ☐ 40 servings freshly parmesan cheese shaved
- ☐ 40 servings parmesan-pepper cornbread biscotti
- ☐ 16 oz mild sausage italian

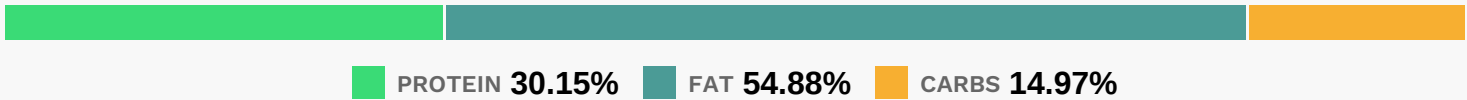
Equipment

- ☐ dutch oven

Directions

- ☐ Cook sausage in hot oil in a Dutch oven over medium heat 7 to 8 minutes on each side or until browned.
- ☐ Remove sausage from Dutch oven, reserving drippings in Dutch oven. Saut onion in hot drippings 3 minutes or until tender.
- ☐ Add garlic, and saut 1 minute.
- ☐ Cut sausage into 1/4-inch-thick slices, and return to Dutch oven.
- ☐ Stir chicken broth and next 3 ingredients into sausage mixture; bring to a boil over medium-high heat. Reduce heat to medium-low, and simmer 25 minutes.
- ☐ Stir in spinach and next 2 ingredients; cook, stirring occasionally, 5 to 6 minutes or until spinach is wilted. Top each serving with Parmesan cheese.
- ☐ Serve with Parmesan-Pepper Cornbread Biscotti.

Nutrition Facts



Properties

Glycemic Index:7.85, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:9.6539130832838%

Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 191.47kcal (9.57%), Fat: 11.69g (17.98%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 7.17g (2.39%), Net Carbohydrates: 5.74g (2.09%), Sugar: 1.12g (1.24%), Cholesterol: 29.7mg (9.9%), Sodium: 723.39mg (31.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.89%), Calcium: 387.16mg (38.72%), Phosphorus: 252.5mg (25.25%), Vitamin K: 26.22µg (24.97%), Selenium: 10.14µg (14.49%), Vitamin A: 632.31IU (12.65%), Manganese: 0.21mg (10.51%), Vitamin B2: 0.17mg (9.81%), Zinc: 1.35mg (9.02%), Magnesium: 32.03mg (8.01%), Vitamin B1: 0.12mg (7.88%), Vitamin B12: 0.47µg (7.83%), Iron: 1.4mg (7.79%), Folate: 26.87µg (6.72%), Potassium: 227.91mg (6.51%), Vitamin B6: 0.11mg (5.74%), Fiber: 1.43g (5.73%), Vitamin C: 3.99mg (4.83%), Copper: 0.1mg (4.83%), Vitamin B3: 0.74mg (3.68%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.27mg (2.72%)