



Hearty Lentil and Sausage Soup

 Gluten Free  Dairy Free

READY IN



270 min.

SERVINGS



10

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 pound bulk pork sausage
- ☐ 1.5 cups cabbage diced
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 1 cup carrots shredded
- ☐ 1 stalk celery finely chopped
- ☐ 29 ounce chicken broth canned
- ☐ 0.3 teaspoon basil dried

- ☐ 1 pinch rosemary dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 10 servings salt to taste
- ☐ 8 cups water

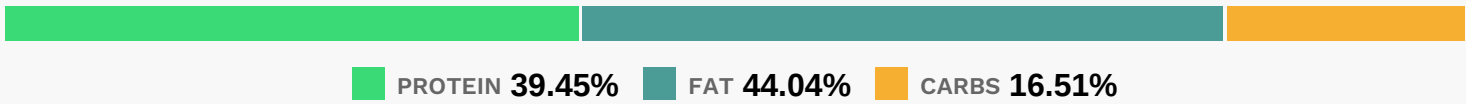
Equipment

- ☐ pot
- ☐ slow cooker

Directions

- ☐ Heat a large pot over medium-high heat. Break sausage into chunks and put in the pot; cook and stir until completely browned, 5 to 7 minutes.
- ☐ Transfer cooked sausage to a slow cooker.
- ☐ Add water, chicken broth, tomatoes, lentils, onion, celery, carrot, and garlic. Season mixture with garlic powder, parsley, oregano, pepper, basil, rosemary, and salt.
- ☐ Cook on Low until lentils are tender, about 4 hours.
- ☐ Stir cabbage into the soup; continue cooking until the cabbage is softened, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:38.98, Glycemic Load:2.64, Inflammation Score:-9, Nutrition Score:14.767391443253%

Flavonoids

Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg,

Isorhamnetin: 0.75mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.13mg, Quercetin:
3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 265.76kcal (13.29%), Fat: 13g (20%), Saturated Fat: 3.91g (24.41%), Carbohydrates: 10.96g (3.65%), Net
Carbohydrates: 8.29g (3.02%), Sugar: 5.16g (5.73%), Cholesterol: 57.44mg (19.15%), Sodium: 864.02mg (37.57%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.39%), Vitamin A: 2539.44IU (50.79%), Vitamin K:
24.88µg (23.7%), Selenium: 16.06µg (22.94%), Vitamin B6: 0.42mg (21.16%), Vitamin B3: 4.22mg (21.08%),
Phosphorus: 199.54mg (19.95%), Zinc: 2.91mg (19.39%), Vitamin C: 14.15mg (17.15%), Vitamin B12: 1.01µg (16.92%),
Potassium: 524.93mg (15%), Iron: 2.66mg (14.8%), Copper: 0.26mg (12.85%), Manganese: 0.25mg (12.47%),
Magnesium: 43.16mg (10.79%), Fiber: 2.67g (10.68%), Vitamin B2: 0.17mg (10.17%), Vitamin B1: 0.15mg (10.05%),
Vitamin E: 1.44mg (9.62%), Calcium: 66.32mg (6.63%), Folate: 25.07µg (6.27%), Vitamin B5: 0.47mg (4.73%),
Vitamin D: 0.38µg (2.51%)